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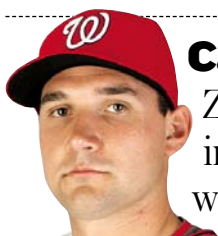


BRANDON KRUSE/AP

Twenty-one polo ponies died at a Florida event.

Horse Mystery: Poison eyed in polo pony deaths | **7**

Post Pulitzer: Robinson honored for commentary | **4**



Cash Corner:
Zimmerman
inks \$45M deal
with Nats | **16**

lookout

Get Your Fix:

Perry Farrell and Jane's Addiction release a bangin' box set. Plus, a look at 'Life After People.'

>> **30-34**



U.S. Marks 10th Anniversary of Columbine



MARC PISCOTTY/GETTY IMAGES

NOT FORGOTTEN: A mourner pauses at the Columbine Memorial Park in Littleton, Colo., on Monday, the 10th anniversary of the Columbine High School shootings that left 12 students and a teacher dead. Flags flew at half-staff over the school and mourners laid flowers at the memorial to mark the tragedy.

Iranian Sparks Walkout at U.N.

Anti-Israel remarks cause uproar at conference on racism

GENEVA | Dozens of Western diplomats walked out of a U.N. conference and a pair of rainbow-wigged protesters threw clown noses at Iran's president Monday when the hard-line leader called Israel the "most cruel and repressive racist regime."

The United States decried the remarks by Mahmoud Ahmadinejad as hateful — reinjecting tension into a relationship that had been warming after President Obama

sought to engage Iran in talks on its nuclear program and other issues.

Ahmadinejad delivered a rambling, half-hour speech that was by turns conciliatory and inflammatory. At one point he appealed for global unity in the fight against racism and then said the United States and Europe helped establish Israel after World War II at the expense of Palestinians.

Jewish groups had lobbied heavily for a

boycott of the conference, warning it could descend into anti-Semitism or other anti-Israel rhetoric, which marred the last such conference eight years ago in South Africa.

At Ahmadinejad's first mention of Israel, about 40 diplomats from Britain and France and other European Union countries left the room. Most of his remarks were not new but they could complicate U.S. efforts to improve ties with Iran. Alejandro Wolff, the U.S. deputy ambassador to the U.N., denounced what he called "the Ahmadinejad spectacle." (AP)



WOULD 'AMERICAN IDOL' BE BETTER OR WORSE IF SIMON COWELL LEFT? **A** BETTER **B** WORSE

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TUESDAY
67/47



WEDNESDAY
61/41

eyeopeners

NUDITY

Horseback Riding Nixed From Outset

You've heard of nude beaches, but how about a nude dude ranch? Tim Clements of Brooksville, Fla., hit a \$3.3 million jackpot in 2004, and wants to return to the farm life he grew up in. Clements and David Jennings, co-owner of the ranch, said the farm is secluded enough to be in the buff. But they have two big problems — local zoning laws and a county nudity ban. (AP)

MANNERS

Southern Hospitality Triumphs Over All

A Mississippi woman who was shot in the head not only survived but made herself tea and offered a deputy something to drink, police said Friday. Tammy Sexton, 47, remained hospitalized three days after being wounded by her husband. A bullet struck her in the forehead, passed through her skull and exited through the back of her head. She is expected to fully recover. (AP)



PUBLIC ART

It's Got Legs, It Knows How to Use Them

Giant metal spiders named La Princesse, front, and Lady skitter through Yokohama, Japan, on Sunday — part of festivities celebrating the city's 150th birthday. The 37-ton arachnids were built by French company La Machine and make appearances wherever there's a need for absurdly large crawling things. In addition to scaring the daylights out of children and arachnaphones, La Princesse can also spray water. (AP)



CENTENARIANS

Willard Scott MUST Meet This Woman

A 100-year-old woman from New Jersey has become the oldest competitor in the history of the United States Bowling Congress Women's Championships, held in Reno, Nev. Emma Hendrickson was presented Saturday night with a plaque and a medallion to commemorate her 50th consecutive appearance in the tournament. The great-great-grandmother rolled a 115, 97 and 106 for a 318 series during team competition. Hendrickson said her teammates sometimes help her line up because her eyesight has diminished over the years. (AP)

YOUTH

"I felt really, really small."

— SKY CHOI, A 12-YEAR-OLD WHO ATTENDS FLORIDA INTERNATIONAL UNIVERSITY, ON HIS FIRST DAY OF COLLEGE AT AGE 10. HE IS MAJORING IN PHYSICS AND MATH.

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High Court To Review Image Ban

Pictures, videos of animal cruelty would be illegal under law

WASHINGTON | The Supreme Court on Monday announced it will explore a dark corner of American

50

The number of U.S. states that have laws in place banning animal cruelty and dogfighting.

society and decide whether the sale of videos depicting dog fights and violent deaths of animals is protected by the First Amendment. The justices agreed to hear arguments in the government's appeal of a court ruling that struck down a federal law aimed at the sale of images of animal cruelty.

Lawmakers were especially interested in limiting the sale of tapes of fights between pit bulls and so-called crush videos that show women crushing to death small animals, often with their bare feet or high-heeled shoes.

The federal appeals court in Philadelphia said the law illegally restricts speech, although it said preventing animal cruelty is a worthy goal. MARK SHERMAN (AP)

Obama Defends Memo Decision

President makes visit to CIA after release of interrogation details

WASHINGTON | Days after releasing top-secret memos that detailed the CIA's use of simulated drowning while interrogating terror suspects, President Obama went to the spy agency's headquarters to defend his decision and bolster the morale of its employees.

"I acted primarily because of the exceptional circumstances that surrounded these memos, particularly the fact that so much of the information was public," Obama said Monday.

Last week, Obama's Justice Department published previously classified memos that described the Bush administration's legal justification for CIA interrogation techniques that included methods criticized as torture.

The memos detailed the use of waterboarding as well as sleep deprivation, isolation and physical violence. According to the declassified memos, waterboarding was used on alleged 9/11 mastermind



President Obama waves to CIA employees Monday during a visit to the intelligence agency's headquarters in Langley, Va.

Khalid Sheik Muhammed 183 times in March 2003. Suspected al-Qaeda logistics chief Abu Zubaydah was subjected to the treatment 83 times in August 2002.

Obama said Monday that a court case was going to force the

memos to be released and that much of what they contained had already been compromised through leaks to news media.

The president urged the hundreds of CIA employees who gathered in a secure auditorium to ignore the recent controversy.

"Don't be discouraged by what's happened the last few weeks," he said.

Obama has vowed not to seek prosecution of CIA agents who took part in waterboarding and other harsh interrogation tactics.

PAMELA HESS (AP)



STATE LINES Countless Vacation Photos Ruined Tourists who wanted to put a hand or foot in each of four states at the Four Corners area have apparently been off the mark — by about 2.5 miles. According to the National Geodetic Survey, the Four Corners marker showing the intersection of Arizona, Colorado, New Mexico and Utah is not located where it should be. The spot — which is the only place in the U.S. where four state boundaries come together — was apparently incorrectly marked because of surveying errors. (AP)

Allergies?

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Suspect Held in Craigslist Slaying

Woman who posted ad for massages was found dead in hotel

BOSTON | A man was held in custody Monday in connection with the death last week in a luxury hotel of a woman who advertised massage services on Craigslist, Boston police said.

But Boston police spokeswoman Elaine Driscoll did not immediately provide any other information about the man Monday.

Suffolk District Attorney spokesman Jake Wark said he did not know of any charges filed in the case.

Julissa Brisman, 29, was found dead on Tuesday at the Boston Marriott Copley Place. The New York City woman advertised massage services on Craigslist and had a massage table set up in the room where she was shot, police said.

The man also is being held in connection with the robbery last week of a woman at the Westin



This camera shot from a Boston hotel shows a person of interest in the case.

Copley Hotel in Boston.

Authorities believe Brisman's death also may be connected to the attempted robbery Thursday in Warwick, R.I., of an exotic dancer by a man responding to an ad she had posted on Craigslist. She was held at gunpoint before her husband entered the room and her attacker fled.

The four photos released Monday by Warwick police show a man in a dark jacket with a baseball cap pulled low, obscuring much of his face. (AP)

Last 'Bedford Boy' Dies at 94

ROANOKE, VA. | When World War II broke out, the "Bedford Boys" left home to serve. Many of them didn't come home — so many that the town had among the greatest losses per capita on D-Day. Now, the last survivor has died.

Elisha Ray Nance died Sunday in Bedford, a spokesman at Tharp Funeral Home said Monday. He was 94. Nance was among 38 National Guardsmen from Bedford who were in Company A of the 116th Infantry, which fought in World War II. (AP)

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Celebrating 25 Years of Excellence



Columnist Eugene Robinson, right, is congratulated by Washington Post Publisher Katherine Weymouth for winning a Pulitzer.

Pulitzer Prize Winners Announced

Washington Post columnist given prize for election analysis

NEW YORK | The Las Vegas Sun won the Pulitzer Prize for public service Monday for exposing a high death rate among construction workers on the Las Vegas Strip. The New York Times received five Pulitzers, including one for breaking the call-girl scandal that destroyed Gov. Eliot Spitzer's career. The Detroit Free Press won

in the local reporting category for obtaining a trove of sexually explicit text messages that brought down the city's mayor.

The only other multiple winner was the St. Petersburg Times. It was honored for national reporting for fact-checking what the candidates said during the 2008 White House campaign, and for feature writing for Lane DeGregory's story on a neglected girl who was unable to talk or feed herself.

The presidential race also figured in the Pulitzer awarded in

commentary: Eugene Robinson of The Washington Post was honored for his columns on Barack Obama's run for the White House.

Despite a rule change that allowed online-only news organizations to compete for Pulitzers for the first time, none of the 65 entries won any prizes.

The Pulitzers are the most prestigious award in American journalism and are given out annually by Columbia University on the recommendation of a 19-person board. (AP)

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The former residence of Detroit City Councilman Kwame Kenyatta is seen last week. Kenyatta is running for mayor of Detroit in the Democratic primary in August.

Detroit Lawmaker Abandons House


City's public officials are being swept up in the mortgage crisis

DETROIT | It was their dream home, a two-story, four-bedroom colonial in one of Detroit's nicest and most stable neighborhoods. But then, one day in December, City Councilman Kwame Kenyatta and his wife packed up their belongings, locked the doors, mailed in the keys and walked away — adding another vacant house to the thousands in a city hard hit by the mortgage crisis. “We’re already underwater when it comes to what we’re paying on the house versus what the house is worth,” Kenyatta said. Around the country, the practice, sometimes called “mortgage walking,” seems to be growing. But for Kenyatta, the decision could do more than hurt his credit. It could damage his bid for

\$5,800

The current median sales price for a home in Detroit, down more than \$66,000 from seven years ago.

mayor of Detroit this summer, particularly since he has been one of the city's most vocal supporters of measures to improve neighborhoods and clean up blight. Kenyatta, a Democrat, is not the only elected official facing mortgage trouble. The Wayne County prosecutor's Detroit home has gone into foreclosure. And California Rep. Laura Richardson nearly lost her home before she paid up delinquent home loans. Kenyatta said he hopes voters can separate the personal from the political. “History will show that some of the greatest leaders who did great work for the public may not have done so good by themselves,” he said. COREY WILLIAMS (AP)



DOGS Bo Unavailable for Comment It's not every day you gain a relative in the White House. A couple in Bemidji, Minn., claims their Portugese water dog, Ruby, is the half-sister of Bo, the Obama family's new pet. (AP)

21 Horses Die at Fla. Polo Event

Veterinarian says animals were killed by some kind of toxin

WELLINGTON, FLA. | The sudden death of 21 polo horses at a championship event in Florida may have been caused by a toxin in the animals' feed, vitamins or supplements, veterinarians said Monday.

The horses from the Venezuelan-owned team Lechuza Caracas became ill just before a tournament match Sunday, collapsing and dying on the scene or while being treated at vet clinics or transported, officials said.



Palm Beach Equine Clinic Veterinary Technician Ginny Powell cares for a dying horse on Sunday at the International Polo Club of Palm Beach in Wellington, Fla.

“It was heart-breaking to see that many horses get sick all at once.”

— JOHN WALSH
POLO CLUB PALM BEACH

The deaths shocked this affluent equestrian and golfing community in central Palm Beach County, where the International Polo Club Palm Beach hosts the U.S. Open Polo Championship every year

“This was devastating. It was heartbreaking to see that many horses get sick all at once,” said

John Wash, president of club operations.

Dr. Scott Swerdlin, a veterinarian at Palm Beach Equine Clinic near the polo grounds, treated one of the sick horses. He said it appeared the animals died of heart failure caused by some kind of toxin that could have been in tainted food, vitamins or supplements, or by some combination of all three.

The Lechuza Caracas horses were being unloaded from their trailers Sunday afternoon when two collapsed and others acted dizzy and disoriented, according to the International Polo Club Palm Beach. Seven horses died at the scene and the rest while being treated elsewhere or en route to medical care. All the horses that fell ill have died. (AP)

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In Brief



Roxana Saberi's parents were allowed to visit her in prison Monday in Tehran.

TEHRAN, IRAN

Judiciary Chief Orders Full Probe of Journalist's Case

Iran's judiciary chief ordered a full investigation Monday into the case of an American journalist imprisoned for allegedly spying for the U.S. and allowed the woman's parents to visit her for the first time since she was sentenced to eight years in prison. The developments in the case of Roxana Saberi appear to be signs that some officials want to ease tensions over the case. (AP)

NAIROBI, KENYA

Mother of Captured Somali Pirate Urges His Release

The mother of a captured Somali pirate accused of holding a U.S. captain hostage at sea for five days says he is only 16 years old and appealed Monday to President Obama to release her son. The suspect, identified by his mother as Abdi Wali Abdulqadir Muse, was taken aboard a U.S. Navy ship before Navy SEAL snipers killed three of his colleagues who had held Capt. Richard Phillips hostage. (AP)

HARARE, ZIMBABWE

Central Bank Governor Says He Raided Private Accounts

Zimbabwe's central bank governor admitted Monday that he took hard currency from the bank accounts of private businesses and foreign aid groups without permission, saying he was trying to keep his country's ministries running. Reserve Bank Governor Gideon Gono appeared to issue a plea to keep his job amid rising criticism, saying it was time "to let bygones be bygones." (AP)

U.S. Shifts Its Wartime Priorities

500 troops transfer to Afghanistan weeks after arriving in Iraq

BAGHDAD | Only in Iraq a few weeks, nearly 500 U.S. Army combat engineers who specialize in clearing roads of explosives learned they were being shipped off to southern Afghanistan, one of the clearest signs of America's shifting wartime priorities.

The transfer, which moved into its final stages Monday, is the largest movement so far of personnel and equipment from Iraq as President Obama puts the focus on the fight in the Taliban heartland.

"We are probably going to be the beginning of the influx you are going to see to Afghanistan," Lt.



U.S. Army Spc. Shawn Byrd of Toccoa, Ga., packs electronics equipment at Camp Victory in Baghdad, Iraq, on Monday. The cargo will be shipped to Afghanistan.

Col. Kevin Landers, commander of the Fort Carson, Colo.-based 4th Engineer Battalion, said as crews

packed crates and cleaned vehicles for the flight to Kandahar.

It's now clear some of the troops

and firepower will flow directly from Iraq, where the Pentagon plans to gradually draw down its more than 132,000 personnel before the withdrawal of all combat forces by September 2010.

Obama has ordered 17,000 more U.S. soldiers and Marines to Afghanistan to bolster the 38,000 American troops already battling the resurgent Taliban.

"We are going to take this footprint out of Iraq," said Landers, whose battalion received word of its reassignment last month after taking command of clearing roads in Baghdad of bombs and debris.

Since then, his troops have conducted routine operations while preparing for their departure. They won't be replaced.

CHELSEA J. CARTER (AP)

INDIA | ON THE CAMPAIGN TRAIL



FOND FAREWELL: Indians wave at a helicopter carrying politician Mayawati, a candidate in India's parliamentary elections, in Allahabad, India, on Monday. India's elections, which began last week, take place in five phases until May 13.

Paraguay's Lugo To Confront 2nd Paternity Claim

ASUNCION, PARAGUAY | Paraguay's president was hit with another paternity claim Monday, just a week after the former Roman Catholic bishop acknowledged fathering a different illegitimate child while still subject to his vows of chastity.



Lugo

Fernando Lugo, 57, did not confirm nor deny fathering the 6-year-old boy, but read a brief statement promising to "subject myself to all the requirements presented by the justice system."

Lugo admitted last week that he fathered a 2-year-old boy with a different former parishioner. (AP)



FAME Bringing Home the Bacon Forget the three little pigs. In Austria, there are four — and they're the newest reality TV stars. "Pig Brother," which began Monday, follows the lives of four piglets for a month and a half as they do everything from eat and sleep to roll in the mud, News.au.com said Monday. The snout-nosed stars — Pauli, Piggy, Lilly and Fredi — will also have their lives splashed across the Internet as part of a campaign by the town of Helfenberg, Austria, to draw attention to its Speck Spectacle in July.

Scientist Hawking 'Very Ill'

Famed U.K. physicist is rushed to hospital; had chest infection

LONDON | Stephen Hawking, the British mathematician and physicist famed for his work on black holes, was rushed to a hospital Monday and was seriously ill, Cambridge University said.

Hawking has been fighting a chest infection for several weeks and was being treated at Addenbrooke's Hospital in Cambridge, the university city northeast of London, the university said.

"Professor Hawking is very ill," said Gregory Hayman, the univer-



Scientist Stephen Hawking, shown in 2007, was hospitalized on Monday.

sity's head of communications. "He is undergoing tests. He has been unwell for a couple of weeks."

Later in the afternoon, Hayman said Hawking was "now comfortable but will be kept in hospital overnight."

The illness had caused Hawking to cancel an appearance at Arizona State University on April 6.

Hawking, 67, gained renown for his work on black holes, and has remained active despite being diagnosed at 21 with ALS, (amyotrophic lateral sclerosis), an incurable degenerative disorder also known as Lou Gehrig's disease.

For some years, Hawking has been almost entirely paralyzed, and he communicates through an electronic voice synthesizer activated by his fingers. ROBERT BARR (AP)

India Probes 'Slumdog' Star Dispute

MUMBAI, INDIA | Indian police are investigating claims and counter-claims by the parents of a child star in "Slumdog Millionaire" after a British tabloid alleged the father tried to sell the 9-year-old girl to an undercover reporter.

The accusations further complicated the lives of the families of the slum-dwelling child stars, who have come under scrutiny since the movie skyrocketed to Oscar-winning fame and grossed more than \$300 million worldwide.

Khurshid Begum, the estranged mother of "Slumdog Millionaire" star Rubina Ali, filed a complaint with Mumbai police on Sunday after the British newspaper News of the World reported that the father planned to put her up



Rubina Ali, left, leaves a police station with her father in Mumbai on Sunday.

for adoption. The newspaper said the father was demanding \$400,000.

News of the World said the deal was allegedly offered to one of its reporters posing as a sheik from the Mideast. (AP)

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World



Soldiers stand near a CanJet Boeing 737 as it sits at the airport in Montego Bay, Jamaica, Monday. A gunman held six people hostage aboard the jet for eight hours.

Jamaican Troops End Siege on Jet

Gunman holds crew hostage for 8 hours on Canadian aircraft

KINGSTON, JAMAICA | A disoriented young man with a gun forced his way past security and barged onto a Canadian jetliner destined for Cuba, taking the crew hostage, firing a bullet that grazed the co-pilot's face and demanding to be flown off the island, witnesses and police said Monday.

After eight hours of fruitless negotiations, soldiers stormed the plane and arrested the man without further injury, but authorities were deeply embarrassed about the security breach at Montego Bay's airport, a major tourist hub.

"There was quite clearly a breach of security at the airport, and I've asked for an investiga-

tion to be done immediately," said Prime Minister Bruce Golding.

The gunman, identified as Jamaican Stephen Fray, 20, was described by police as "mentally challenged." Showing the gun, he forced his way past several security checkpoints. At least two people chased him, but failed to stop him from reaching the tarmac and boarding CanJet Airlines Flight 918 at about 10:20 p.m. Sunday.

A total of 159 Canadian passengers and eight crew members were aboard the Boeing 737, Jamaican police said, and all the passengers and two crew members were released after a short time.

Six other crew members were held at gunpoint until 6:40 a.m., when a unit from the Jamaica Defence Force Counter Terrorism Operations Group stormed aboard.

HOWARD CAMPBELL (AP)



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HEARSAY | BIN LADEN



"Osama can come here. Sure, like a brother they can stay anywhere they want."

—MUSLIM KHAN, TALIBAN SPOKESMAN IN PAKISTAN'S SWAT VALLEY, REFERRING TO OSAMA BIN LADEN AND LIKE-MINDED MILITANTS DURING AN INTERVIEW WITH THE ASSOCIATED PRESS. PAKISTAN SAID IT WOULD NEVER LET KHAN SHELTER BIN LADEN.

35,000 Flee Sri Lanka War Zone

Military reportedly helps trapped civilians leave rebel-held land

COLOMBO, SRI LANKA | Sri Lanka's army breached one of the last Tamil Tiger rebel fortifications Monday and freed thousands of trapped civilians, some fleeing through the neck-high water of a lagoon while carrying wounded relatives.

The government warned the rebels they had 24 hours to surrender or face a final assault to end a crumbling 25-year insurgency that sought to create a separate homeland for ethnic Tamils.

President Mahinda Rajapaksa went on Sri Lanka's national television to say that soldiers helped more than 35,000 civilians leave the battle zone in what he called the "largest-ever hostage rescue



Demonstrators gather in London to urge a Sri Lankan ceasefire Monday.

mission in history."

The Red Cross said its workers had tended to 4,000 people who crossed the front lines.

A pro-rebel Web site, meanwhile, said hundreds of civilians might have been killed in the "total chaos" that prevailed when soldiers entered the zone. It was not possible to verify the reports because journalists are restricted in the war zone. KRISHAN FRANCIS (AP)

ENGLAND | HEADY JOB



BEST FACE FORWARD: Workers finish a sculpture called "Dream" near St. Helens, England, Monday.

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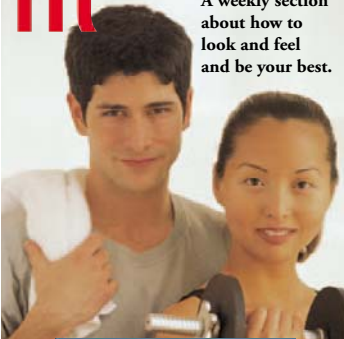
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Local

D.C. to See Free Mobile TV

Local affiliates picked in pilot program for DTV on cell phones

“American Idol” and “30 Rock” could soon air over cell phones in the District under a pilot program to bring free mobile digital television to consumers, some of the nation’s biggest broadcasters announced Monday.

Local affiliate stations for CBS, NBC, PBS, Ion, and Fox will begin in late summer to broadcast their programs on mobile devices, including laptops and car entertainment systems, said officials at

PARTICIPATION POINTS

- Stations participating in the tests include Fox’s WDCA-DT, CBS’ WUSA-DT, Ion Media Networks’ WPXW-DT, NBC Universal’s WRC-DT, PBS’ WHUT-DT and MHzNetworks.
- Among the cities in the pilot program are New York, Chicago, Philadelphia, San Francisco, Boston and Atlanta.

the National Association of Broadcasters in Las Vegas.

There are currently no commercial devices that can carry digital television broadcasting, though

several vendors such as LG and Samsung displayed prototypes of cell phones and other gadgets that would allow consumers to watch shows on the go.

“The industry is clearly embracing mobile DTV as an exciting next step in the evolution of digital television broadcasting,” said David Rehr, president and chief executive of the National Association of Broadcasters.

“We’re completely impressed by how quickly these television broadcasters and equipment makers are moving to bring Mobile DTV to market.”

CECILIA KANG (THE WASHINGTON POST)

Md. Parents Get the Boot

Soccer league bans parents from sidelines after referee incident

As the 13-year-old girls chased the soccer ball around the verdant field on Sunday, one set of parents watched from the sidelines in comfy collapsible chairs, sipping coffee. The others were banished to a nearby hill, straining to see the action with binoculars.

The parents rooting for Bethesda’s “Legacy” travel team at the Maryland SoccerPlex in Boyds were being punished for their behavior at the end of last season, when they berated a referee for a call. Calling their actions “nothing less than egregious,” the Washington Area Girls Soccer League took the



ANNIE COWEN/TWP

A parent in Boyds, Md., watches his daughter’s game from 100 yards away.

unusual step of banning them from the sidelines for two games.

At Sunday’s game against the Maryland Soccer Club’s “Xcel,” a

referee was tasked to make sure the Legacy parents did not come within 100 yards of the field.

While it’s not unusual for soccer leagues to sanction or bar individual parents for “sideline rage” or even mooning referees, Kathie Diapoulis, president of the league, said that barring whole groups of parents was rare.

“We have taken a strong stance. It’s important. This isn’t the World Cup ... and for the parents to be shrieking on the sidelines and belittling people goes against everything we’re trying to do ... it’s not acceptable behavior,” said Diapoulis.

“It’s embarrassing,” one of the parents said. “This is seventh grade soccer.” ANNIE COWEN (THE WASHINGTON POST)

The Lotteries

Monday, April 20

DISTRICT	
Mid-day Lucky Numbers	6-6-5
Evening Lucky Numbers (Sun.)	0-1-8
Mid-day DC 4	2-5-3-6
Evening DC 4 (Sun.)	3-5-3-3

Rolling Cash Five (Sun.)	11-12-18-28-30
Daily 6 (Sun.)	11-16-23-25-31-33 (2)

MARYLAND	
Mid-day Pick 3	6-6-1
Evening Pick 3 (Sun.)	9-1-5
Mid-day Pick 4	9-9-0-4
Evening Pick 4 (Sun.)	7-8-0-1
Match 5 (Sun.)	3-22-29-31-36 (34)

VIRGINIA	
Mid-day Pick 3	8-4-6
Evening Pick 3 (Sun.)	5-9-3
Mid-day Pick 4	0-0-4-1
Evening Pick 4 (Sun.)	6-1-4-7
Mid-day Cash 5 (Sun.)	4-6-11-18-30
Evening Cash 5 (Sun.)	3-8-9-12-28

All winning numbers are official only when validated at a lottery ticket location or a lottery claims

Local

Brazil: 'I Almost Got Killed'

Former D.C. council member takes the stand at assault trial

Former D.C. Council member Harold Brazil told a judge Monday that he was the one who got attacked in a scrape last fall at a

Georgetown tattoo parlor, taking issue with prosecutors who charged him with assault.

"I almost got killed," Brazil declared, testifying in his own defense at D.C. Superior Court.

Brazil, who was a four-term council member, has pleaded not guilty to the misdemeanor assault charge stemming from an Oct. 9 brawl at the Jinx Proof Tattoo par-



The alleged assault took place at Jinx Proof Tattoo parlor in Georgetown.

lor in the 3200 block of M Street NW. He said in court today that he believed three employees were "trying to kill me."

The trouble began after Brazil, 60, entered the shop with his secretary and a female friend after having drinks at Smith & Wollensky that evening. The friend went to the back of the store for a tattoo.

When Brazil's secretary tried to check on her, the shop's manager objected and pointed to a sign that said only patrons getting tattoos were permitted in that area.

Brazil testified that he tried to come to the aid of his secretary when he was attacked, thrown to the floor, punched, kicked and put in a chokehold.

"One guy came over and started pounding on my head. I couldn't move or duck," Brazil said. "Then another guy was having target practice on the side of my head. I didn't have a chance to push anyone." Brazil said the shop's manager, who is white, also called him a racial epithet. Brazil is black.

According to prosecutors, Brazil provoked the trouble. Prosecutors said Brazil, in a drunken rage, attacked the manager, which caused co-workers to jump in. KEITH

L. ALEXANDER (THE WASHINGTON POST)



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VEIP Announcement for Montgomery and Prince

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For More Information and an application contact:

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Money



Traders work the floor of the New York Stock Exchange Monday. Investors are worried about the health of the nation's banks.

Bank Fears Won't Die Down

Dow falls 290 points as investors fret over results of 'stress tests'

NEW YORK | Investors are back to worrying about banks.

Long-present unease about soured loans bubbled over on Monday after Bank of America Corp. said it set aside \$13.4 billion to cover lending losses even as it posted earnings that beat expectations. Other big banks have also increased loss provisions in the past two weeks.

Financial stocks suffered some of the day's worst declines and major market indicators tumbled

more than 3 percent, including the Dow Jones industrial average, which fell 290 points.

Bank of America plunged 24.3 percent and Citigroup fell 19 percent as investors became worried that cleaning up bad loans from banks' balance sheets may have farther to go than many had anticipated.

Joe Saluzzi, co-head of equity trading at Themis Trading LLC, said traders are now viewing bank earnings with more skepticism.

"They're looking at bank numbers and are saying they are not that great," Saluzzi said.

The renewed worries about banks' debt problems were aggra-

vated by news reports that their lending remains tight and that the government may swap its debt in banks for ownership stakes as its \$700 billion bailout fund runs down.

The market has been encouraged by early indications that a government drive for lower interest rates has been helping banks step up lending, but investors are still sensitive to any signs of trouble.

Now they're on high alert about what the government will say in two weeks when it reports results of in-depth examinations to see which banks might need more help to stay afloat if the economy gets even worse. TIM PARADIS (AP)

HEARSAY | BUSINESS

"I do think about the reality of what I'm doing. That kind of inspires me to take pride in [the work] I do."

— DENNIS SWARTZENTRUBER, A 27-YEAR-OLD ENTREPRENEUR IN LAKE ODESSA, MICH., WHO RECENTLY BEGAN SELLING AFFORDABLE CASKETS HE MAKES BY HAND.

Kellogg to Settle Mini-Wheats Case

BATTLE CREEK, MICH. | Kellogg Co. has agreed to settle federal charges that it falsely advertised the benefits for children of eating Frosted Mini-Wheats, the Federal Trade Commission announced Monday.

A proposed agreement would bar Kellogg from making misleading claims for its breakfast and snack foods and from misrepresenting studies, the FTC said.

Kellogg's national TV advertising asserted that attentiveness improved nearly 20 percent in children who ate the cereal, compared with kids who skipped breakfast, the FTC said. But the study the ads refer to found a benefit from eating Frosted Mini-Wheats in only half the children studied, and only 11 percent of the children's attention improved 20 percent, according to the FTC. (AP)

Money

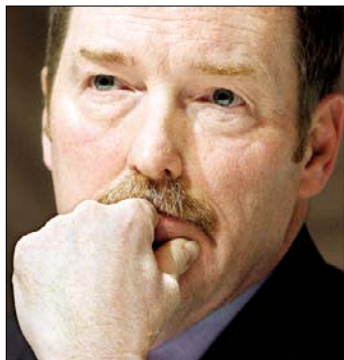
GM Announces More Cuts

Automaker to lay off 1,600 employees as it struggles for survival

DETROIT | About 1,600 white-collar workers at General Motors Corp. will lose their jobs in the next few days as the troubled automaker accelerates cost cuts in order to qualify for more government aid.

GM North America President Troy Clarke said Monday in an e-mail to employees that the layoffs are needed to ensure the company's long-term viability.

"In these unprecedented times, GM is reinventing every aspect of



TORU YAMAKA/AFI/GETTY IMAGES

GM executive Troy Clarke said the next week will be "trying" for the company.

our business, including our organizational size and structure, to create a lean and agile company," Clarke wrote in the e-mail.

Clarke said the next week will be "a very trying time for the entire GM team, but especially for those employees directly impacted by these actions."

GM is living on \$13.4 billion in government loans. The automaker faces a June 1 deadline to cut costs and gain concessions from stakeholders in order to get more government help.

Last month GM began cutting 3,400 U.S. salaried jobs as part of the 47,000 job cuts that it will make worldwide by year's end. Some of the positions will be cut through normal attrition, but most will be through involuntary layoff. **TOM KRISHER (AP)**



BOOKS Middle-Earth Milestone A major new name has been added to the growing digital library: J.R.R. Tolkien. E-versions of the late author's multimillion-selling "The Hobbit" and "The Lord of the Rings" trilogy were released Monday, with "The Legend of Sigurd and Gudrun" planned for release in May and other works coming soon, publisher HarperCollins said. **(AP)**

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In Brief



The new Lions logo features teeth and an italicized slant for the team name.

NFL
Detroit Lions Unveil New, Fiercer Team Logo Design

Detroit has added teeth to its new Lions logo. Only time will tell if the product on the field also has teeth. The franchise revealed subtle changes to the logo and how the word "Lions" is spelled out during a news conference Monday attended by dozens of fans. The team says the changes are consistent with its "sense of mission and direction." (AP)

COLLEGE BASKETBALL
Ole Miss Basketball Coach Gets Probation With Plea

Mississippi basketball coach Andy Kennedy avoided jail time Monday by pleading guilty to a reduced charge of disorderly conduct for his altercation with a cab driver. Kennedy was sentenced to 40 hours of community service and six months probation by Hamilton County Municipal Court Judge Dwane Mallory. The coach faced up to six months in jail on his original assault charge. (AP)

COLLEGE FOOTBALL
Former LSU Wide Receiver In ICU After Car Accident

Former LSU receiver Demetrius Byrd is in intensive care after a traffic accident in Miami. LSU officials said the NFL prospect was in an accident Sunday, but they did not immediately release any other details. Last season, Byrd had 37 catches for 513 yards and four TDs. He also played a key role in the Tigers' BCS National Championship during the previous season. (AP)

Nats, Zimmerman Agree to Deal

Team inks 3B through 2013 campaign with 5-year, \$45M contract

NATIONALS | Ryan Zimmerman finally has a multiyear deal, and the Washington Nationals finally have their "face of the franchise" signed for the long haul.

The Nationals scheduled a news conference at their stadium Mon-

“I still see him — and hopefully everybody will see him for years to come — as the face of our franchise.”

—MANNY ACTA, NATIONALS MANAGER

day to announce the third baseman's new contract.

The deal reportedly is worth \$45 million over five years. It runs through 2013 and replaces the one-year, \$3,325,000 contract Zimmerman agreed to in February, avoiding arbitration.

After a couple of years of on-



Ryan Zimmerman was the runner up in the 2006 NL Rookie of the Year voting and is hitting .275 with 10 home runs and 10 RBI so far this season. Washington is 1-10.

and-off negotiations between Zimmerman and the Nationals, the agreement is a bit of good news for a struggling club. Washington had a majors-worst 1-10 record heading into Monday night's game against Atlanta after leading baseball with

102 losses last season.

"I still see him — and hopefully everybody will see him for years to come — as the face of our franchise," manager Manny Acta said shortly before this season started. "He's in the best shape ever. He's

\$45M

Size of Zimmerman's contract extension, which will keep him in a Nationals uniform until 2013.

KEEPING LOCAL
Part of the reason Zimmerman got the contract extension is that he wanted to stay close to home. Zimmerman grew up in Virginia Beach and played at the University of Virginia. "I was born close to here, I lived close to here, I went to school close to here," Zimmerman said recently. "It's a perfect situation for me."

due for a good year."
Zimmerman was a first-round draft pick out of the University of Virginia in 2005 and made his major league debut that season.

In 2006, he was the runner-up in NL Rookie of the Year voting after batting .287 with 20 homers and 110 RBIs. Injuries limited Zimmerman to 106 games last season, when he hit .283 with 14 homers and 51 RBIs.

He's batting .275 with two homers and 10 RBIs this season. HOWARD FENDRICH (AP)

Red Sox Dominate Orioles, 12-1 on Patriots Day

Boston finishes sweep with Masterson's start for ailing Matsuzaka

ORIOLES | Dustin Pedroia went 4-for-6 with three run-scoring singles and David Ortiz had a

two-run triple to lead the Boston Red Sox to a 12-1 win over Baltimore, completing a four-game sweep of the Orioles in the Patriots' Day game Monday afternoon.

Jason Varitek hit a solo homer and Jacoby Ellsbury had three hits



Filling in for Daisuke Matsuzaka, Masterson went 5 1/3 innings and gave up one run.

to highlight Boston's season-highs in runs and hits (15).

The win was the fifth straight for the Red Sox, who won their sixth consecutive Patriots Day

game; and 27th in their last 33 at Fenway Park against Baltimore.

Boston led 3-1 before scoring three runs in the sixth and six in the seventh. The Orioles lost their

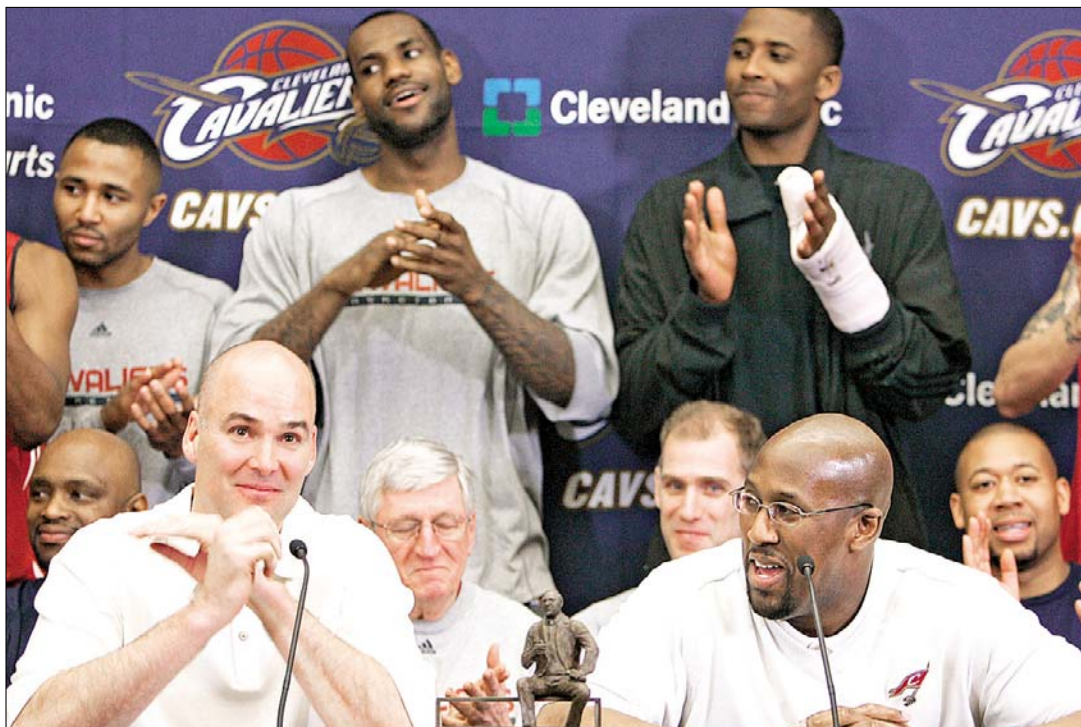
FREELING WOOLY
Baltimore 3B Ryan Freel was helped off the field after he was hit in the head by Boston pitcher Justin Masterson's pick-off attempt at second in the third inning. Freel did not return.



fifth straight after a 6-2 start.

Justin Masterson (1-0), who replaced injured starter Daisuke Matsuzaka, held the Orioles to one run and four singles in 5 1/3 innings. He walked two and struck out three. (AP)

Sports



Mike Brown, right, with Cavs GM Danny Ferry, left, and his team behind him, receives his Coach of the Year award Monday.

Brown Named Top Coach

Cavaliers leader gets NBA coach of the year award after 66 wins

NBA | Mike Brown was honored as the NBA's coach of the year Monday after leading the Cleveland Cavaliers to their best regular season.

Brown guided the club to a franchise-record 66 wins, a second Central Division title and the No. 1 overall seed in the postseason. Cleveland leads the Detroit Pistons 1-0 in the first round of the playoffs.

Preaching trust to his players since training camp, Brown has created a tightly knit team led by superstar LeBron James. The 38-year-old coach also has given more authority to his assistants, a sign of his maturity as a coach and confidence as a leader.

Brown joined the Cavs in 2005 after two seasons as an assistant with Indiana. Bill Fitch in 1976 is the only other Cleveland coach to win the coaching award.

Brown received 55 first-place votes and earned 355 total points from a panel of 122 sports writers and broadcasters. Houston's Rick

Adelman finished second with 151 points and Orlando's Stan Van Gundy was third with 150.

New Orleans coach Byron Scott won the award last year.

"Mike Brown is one of these rare people that has nearly every tool in his tool box," Cleveland owner Dan Gilbert said in a statement. "He is a critical element as to why our franchise is growing into the kind of success we all envisioned and hoped to achieve. There is no man more deserving, and it proves to the world that, yes, nice guys can indeed finish first." (AP)

Howard Set for Eye Examination

NBA | Orlando Magic center Dwight Howard says he's going to get his eyes examined after he was inadvertently scratched by Philadelphia 76ers center Samuel Dalembert.

Howard said Monday afternoon he would see an eye doctor but that the injury won't keep him side-



Howard

lined for Game 2 against the 76ers on Wednesday night in Orlando. The 76ers lead the series, 1-0.

Dalembert swiped Howard's eyes reaching for

the ball late in the third quarter of Philadelphia's 100-98 win over the Magic on Sunday night and was called for a foul.

Howard said he was "seeing just a whole bunch of crazy stuff" when he closed his eyes and felt a "pulsating" sensation when they were open. (AP)

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Sports



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Merga 1st At Boston Marathon

Ethiopian overcomes Olympic letdown to win with 2:08:42 run

RUNNING | Ethiopia's Deriba Merga overcame the disappointment of his Olympic fade to win the Boston Marathon on Monday, and Kenya's Salina Kosgei won the closest women's race in the history of the event. Americans took third in both races for the best U.S. finish since 1985.



Kosgei

Merga, who was passed in the last quarter-mile and finished fourth in Beijing, pulled away before Heartbreak Hill and won in 2 hours, 8 minutes, 42 seconds — almost a full minute ahead of Kenya's Daniel Rono.

Kosgei won a sprint with defending champion Dire Tune, trading the lead several times in the final blocks before hitting the tape less than a stride ahead of the Ethiopian in 2:32:16. American Kara Goucher led the three as they crossed into Kenmore Square with one mile to go, but she was outkicked down the stretch and finished 9 seconds back. (AP)

Sports

A Real Position Inquisition

Scouts not sure which lineman may be best suited for linebacker

FOOTBALL | The early stages of the NFL draft Saturday promise to be very busy and, potentially, very confusing when it comes to defensive linemen.

It's not that there are major disagreements among the league's talent evaluators about whether the defensive linemen are good. Rather, what's at issue in many cases is the seemingly basic question of which players are defensive linemen and which aren't — or, more specifically, whether certain top pass rushers will be defensive ends or outside linebackers once they reach the NFL.

The answer is: It depends.

This type of discussion about such players, described by people within the league as either hybrids or 'tweeners, has become prominent around draft time in each of the last few years. With the three-linemen, four-linebacker defensive scheme coming back into widespread use, NFL teams have had to focus plenty of their predraft evaluation efforts on these players, who could play either outside linebacker in a 3-4 defense or defensive end in a 4-3.

The discussion might be more relevant than ever this time, with New England Patriots Coach Bill Belichick estimating at the NFL



Defensive end Brian Orakpo, No. 98 of the Texas Longhorns, is one of many linemen that NFL scouts say may be better suited for outside linebacker position.

OH, THE POSSIBILITIES

These college defensive line standouts could be first-round picks on Saturday:

→ DEFENSIVE ENDS: Brian

Orakpo, Texas;
Aaron Maybin,
Penn State,
Everette Brown,
Florida State;
Larry English,
Northern Illinois;
Tyson Jackson,
Louisiana State;
Robert Ayers, Tennessee.



Raji

→ DEFENSIVE TACKLES: B.J.

Raji, Boston College; Peria Jerry, Mississippi; Evander Hood, Missouri.

scouting combine in late February that as many as 10 teams will use the 3-4 setup as their basic defensive alignment next season.

"It's a little bit like the West Coast offense when Mike Holmgren and Jon Gruden and Andy Reid and Brian Billick left the [Bill] Walsh system and were head coaches," Belichick said, "and this league was heavy West Coast offense. . . . So it's trendy, but that's the NFL. It's cyclical. And now the 3-4 defense seems to be as popular as it was in the '80s when they had some Pro Bowl positions that followed the 3-4 defense to recognize some of those players."

MARK MASKE (THE WASHINGTON POST)

Ovechkin Asked to Leave Bench

CAPITALS | Moments after the Rangers hit the ice for their Monday morning skate, Alex Ovechkin emerged from the visitors' dressing room alone, took a seat on the bench and watched intently. After a few minutes, Caps PR guru Nate Ewell came over to Ovechkin and tapped him on the shoulder.

The Rangers asked Ewell to tell Ovechkin to leave the bench but offered him a seat in the stands.

Ovechkin stood up, smirked and walked back to the dressing room. While it's not unusual for an opposing player to sit in the stands while the home team skates, it is unusual for an opposing player to sit on the bench.

TARIK EL-BASHIR (THE WASHINGTON POST)

Late game: The Capitals/Rangers Game 3 matchup ended after Express's deadline. For results, | washingtonpost.com/sports.

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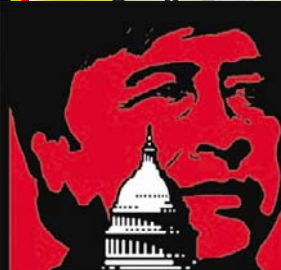
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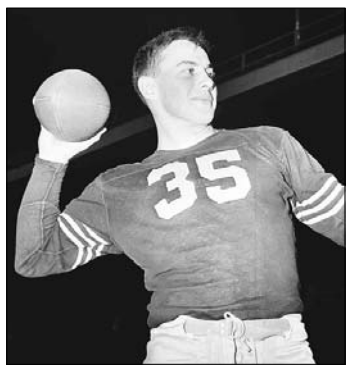
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Sports

'Doc' Blanchard Dies at 84

1945 Heisman Trophy winner was known as 'Mr. Inside' for Army


OBIT | Felix "Doc" Blanchard, the 1945 Heisman Trophy winner and Army's "Mr. Inside" in one of college football's most famous backfields, has died. He was 84.
Blanchard's daughter, Mary Blanchard, told The Associated Press that her father died of pneumonia at home in Bulverde, a small town in central Texas, Sunday.
The bruising fullback Blanchard, listed at 6 feet, 208 pounds, and Glenn Davis, aka "Mr. Outside," helped Army win consecutive



Felix "Doc" Blanchard won the 1945 Heisman Trophy as a fullback for Army.

national titles in 1944-45.
Notre Dame coach Ed McKeever was quoted as saying about Blanchard in 1944: "I've just seen

Superman in the flesh. He wears No. 35 and goes by the name of Blanchard."
The year after Blanchard became the first junior to win the Heisman Trophy, Davis won it and Army went undefeated again.
With Blanchard and Davis, Army went 27-0-1 from 1944-46.
Blanchard, who also played linebacker and handled place-kicking and punting for Army, capped his Heisman Trophy season by scoring three touchdowns in a 32-13 victory against Navy, and he became the first football player to win the Sullivan Award, given to the nation's top amateur athlete. (AP)



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E5



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GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

Minor Tiffs Or Relationship Doomsday?

Q My boyfriend and I have always been prone to arguing, but it's usually over stupid stuff and resolves easily. But last night we had an argument that got very, very ugly. He said stuff about things I'm insecure about, and I feel like he broke our trust. He barely apologized. How can I get over this hurt and have things back how they were?—HURT, DC

I'm always a little disturbed when people hold up frequent arguments over "stupid stuff" as some sort of badge of honor. ("Well, at least we don't spend our time disagreeing over what really matters — we're proud to constantly get angry over stuff that doesn't!")

But I do hear your concern —



BEN CLASSEN

usually you resolve things quickly and without pain, and yet this time, things ran amok. I would argue (sorry!) that there's an undercurrent of hostility here, where the everyday disagreements are actually connected to this big

doozy of one. And his response — both refusing to rectify the situation, and invalidating your hurt feelings — is worse than the original problem.

You need to have a more serious talk with him about boundaries,

sensitivity, empathy and respect. You can get over this hurt if and only if he can convince you that he doesn't harbor the venom his comments suggest.

I'm worried that the "stupid" conflicts are indicative of more serious friction. There's a reason those words came out of his mouth — it could spell doom, or it could just be a bump in the road — so you've got to get to the bottom of it.

Fire Across Frenemy Lines

Q One of my dearest friends just sent me an e-mail letting me know our friendship is kaput. Things were going well until I asked about a former friend (now frenemy) of mine that she's now close with. Is there any way that our relationship could be repaired?—CONCERNED

I've never been the recipient of an "Our Friendship is Kaput"

letter, so it's hard for me to imagine exactly what she said. But it's her words that you have to go by, and they will determine whether there's hope of saving this friendship — and whether you should even want to.

The first issue: How is this other person so successful in becoming the friendship equivalent of "the other woman?"

If she's able to enter your relationship and cause such severe problems now, won't she always? Are you sure she has to be Public Frenemy No. 1, or might there be a reconciliation?

As for the other friend, you can ask gently for more clarification, or apologize if you have something to be sorry for. But don't go begging, unless you want the friendship to start back up with the renewed power dynamic of you on a leash.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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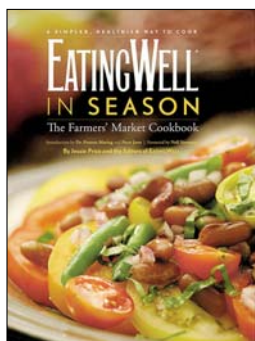
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GUINEA PIG



Not a Whole Lotta Shakin' Going On

■ With sports bras, there's no wiggle room for jiggle. But merely controlling the twins isn't enough to make an athletic undergarment a winner. So Wacoal has bestowed extra talents upon its new Sport line (\$62 for underwire, \$60 for soft cups, Freshpair.com): The comfy fabric wicks moisture, and the convertible straps can be crossed to create a racerback style.

We subjected a soft cup model to the ultimate test: a triathlon of jumping, running and shimmying (which we realize doesn't come up that much in sports). The bra kept everything remarkably in place without feeling too constrictive — seemingly because of those adjustable straps (which connect on the outside so they don't chafe) and the material's ability to stretch with the wearers' movements. If we had to put one of these on again, we'd be game.

VICKY HALLETT (EXPRESS)



WITHIN SEASON

Eco-eaters hunt around the local farmers market for groceries. But how do you turn that brimming basket into a meal? Open "Eating Well in Season" (\$24.95, Countryman Press), a cookbook featuring more than 100 recipes divvied up by time of year. Right now, you should be enjoying a green salad with asparagus and peas.



FIZZ WHIZ

Solixir sounds like something a wizard might stock up on before his next rager. But the fizzy, low-cal beverages (\$1.99, Whole Foods), fortified with herbalist-approved juices and extracts, are really more for the nutritionist set, and anyone else who can appreciate watery wholesomeness.



SUNSCREEN SAVER

Teenyboppers like to tan — after all, wrinkles are decades away. And, dude, what's skin cancer? But maybe you can persuade them to stay pale with Kinesys SPF30 Girl (\$18.99, Kinesys.com), alcohol-free, vanilla-green tea-scented stuff that comes in a Pepto-Bismol-hued bottle.



WEIGHT FOR IT

Want your muscles to be a Wii bit bigger? This summer, slip a set of Riiflex dumbbells (\$35 for 2 lb., \$40 for 4 lb., preorder at Riiflex.com) on your controller and nunchuck to add resistance while playing all of your favorite games. But don't forget to go outside to show off the new bulges.

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TIMETRIALS



Times and Timing Are A-Changing

■ For years, runners have tied circular tokens called ChampionChips to their laces to determine precisely when they cross the finish line via radio frequency identification (RFID). But the price for such accurate results has been high — for runners, losing a chip means ponying up about \$30, and for race organizers, it takes a heck of a lot of manpower to collect and sort them.

“The last thing you want to do at the end of a race is put your leg on a rail and get your chip off,” explains Bob Finnegan, director of business development for ChronoTrack, one of the new timing systems that have popped up to rival ChampionChip. And with a disposable RFID transponder that’s worth about a buck, the company looks to be pulling ahead. Participants in last fall’s Marine Corps Marathon and the recent Cherry Blossom 10 Mile gussied up their laces with ChronoTrack’s filmy tags (see above).

Another front runner is IPICO, which uses tags that look like mini credit cards (and can be branded with advertising). They’re cheap enough to toss but sturdy enough to use repeatedly. Shoe chain Pacers bought a system last year, and has relied on it to time the Crystal City 5K Fridays series — folks can just run with the same tag each week.

IPICO will really be showing off this weekend at the GW Parkway Classic, though. Organizers promise that the system, along with new advanced software, will allow them to broadcast instant results at the finish and text message them to participants’ phones. VICKY HALLETT (EXPRESS)



BIKING VIKINGS? The Muddy Buddy relay race combines running, biking, filth and costumes — the latter being optional.

Ready for Grime Time

Enjoy a season of filthy fun with three races that embrace the ick

The latest smear campaign has nothing to do with politics. Everyone gets get dragged through the mud during this race.

Make that races, plural — the D.C. area is host to a series of events that force participants to get more than their hands dirty: The RunAmuck Festival (a 5K obstacle course), Muddy Buddy (a 6- to 7-mile cycling and run-

ning relay) and the U.S. Marine Corps Run Amuck (a 4-mile race that ends in a mud pit).

“As kids we liked getting muddy and doing things we weren’t supposed to do,” says Bob Babbit, creator of Muddy Buddy, which hosts 13 events nationally.

“We’re basically saying come out and do all of that.”

Both Babbit and Scott Johnson, creator of RunAmuck, say those with an average level of fitness shouldn’t worry about training too heavily if they’re just looking to finish the race.



→ Most mucky races will end with an all-fours, belly crawl of a finish.

If you’re more hardcore, take a cue from Jakob Wolf-Barnett, 26, who scored first place in the 25 to 29 age division in last year’s Corps event. He developed a game plan to tackle the series of dramatically steep inclines: “You want to slam

THE NITTY GRITTY

- RunAmuck Festival (April 25, 5K) Rock Creek Regional Park, Rockville, Runamuckfestival.com
- Muddy Buddy (May 3, 6-7 miles) Pochahontas State Park, Chesterfield, Va., Muddybuddy.com
- U.S. Marine Corps Run Amuck (June 20, 4 miles). Marine Corps’ Butler Stadium, Quantico, Marinecorpshistorichalf.com

your heels sideways into the hill and take short steps so you can get up it,” he says. “Otherwise all your weight will just cause you to slide right back down.”

Arlington-based personal trainer Angel Stone, who won the Corps’ women’s 30-34 division last year, recommends sit-ups, pull-ups and push-ups, plus some hill work.

“If you have a hill that takes you 20 seconds to get to the top, you want to run up there as fast as you can, jog down and then repeat 10 times,” she says. Stone also suggests a few minutes of plyometrics — quick, explosive movements like jumping, which she says help simulate the action of running in mud.

The most important strategic technique, though, is not taking yourself too seriously. Babbit recalls a Muddy Buddy a couple years back in Boulder, Colo., in which he opted to wear a frog costume.

“This guy comes up to me and goes, ‘Hey dude, I might have placed in my division — but on the inflatable [climbing obstacle], there was a guy in front of me and I might have lost 10 seconds.’

His response: “I’m like, ‘Dude, it’s called Muddy Buddy. I’m in a frog outfit. The last time I checked we’re not in an Olympic program.’ And it’s certainly more fun to go for the grime. KRIS CORONADO (EXPRESS)

home

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Surfing the Bust for Buys

Foreclosed and other 'distressed homes' can be affordable for first-time buyers

Keith and Cynthia Antaya spent the years of the housing boom renting, unable to fathom how they could afford their own digs during the market's dizzying escalation.

As Fairfax County Public Schools employees — he a special education teacher and she a school psychologist — renting seemed more in line with their income than paying a mortgage.

Then came the crash, and a wave of foreclosures sent home prices tumbling, particularly in once-fast-growing markets such as Northern Virginia's western suburbs. Suddenly homeownership was a possibility for the Antayas, who focused their hunt on foreclosed properties. After a five-week search, the couple decided on a Woodbridge house that cost about \$200,000. It needed some new paint and new floors but was otherwise in good condition.

"The kitchen was pretty much all brand new with brand-new granite countertops," Keith Antaya said. "We were pretty pleased with what little we ended up having to put into it."

The Antayas are two beneficiaries of the housing bust, and



DAYNA SMITH/FTWP

Keith and Cynthia Antaya, with son Brady, spent years renting — until the real estate downturn. They were able to buy a foreclosed home in Woodbridge for \$200,000.

“EVERY HOUSING MARKET CYCLE SINCE THE GREAT DEPRESSION HAS SEEN HOME PRICES REBOUND FROM THE BOTTOM WITHIN A YEAR OR TWO.” **E6**

homebuyer'sguide

Bust Benefits

CONTINUED FROM E1

there are many more like them as investors, first-time home buyers and others plunge into the market of "distressed" properties: homes sold at auctions, repossessed by lenders or still in the hands of homeowners facing foreclosure. The National Association of Realtors said earlier this month that distressed sales accounted for 45 percent of all transactions in the fourth quarter of 2008, a factor

“It is very important that these homes be recycled back into some productive use.”

—ERICK BELSKY
HARVARD UNIVERSITY

that contributed mightily to falling home prices nationally.

Housing experts said buyers of such properties will play a key role in any kind of turnaround, helping pare the glut of vacant homes sitting on banks' books even as the Obama administration forges ahead with its plan to help homeowners in peril of losing their properties.

"It is very important that those homes get recycled back into some kind of productive use," said Eric Belsky, executive director of Harvard University's Joint Center for Housing Studies. "To the extent to which the homes are purchased by people intending to live in them, or improve them and rent them out, it can be a very important part of bringing the market back into equilibrium."

But while there are opportunities for those willing to scavenge the wreckage of the downturn, buying a foreclosed property or arranging a sale with a homeowner and his lender does not guarantee a bargain.

"Everybody thinks that by chasing foreclosures they are getting a good deal, and a foreclosure is not necessarily a good deal," said Mark Goldman, a California mortgage



At \$200,000, the Antaya's purchased their home for a little more than half of what it sold for two years ago. All it needed was some new paint and new flooring.

broker who teaches real estate finance at San Diego State University. "I strongly urge consideration and a careful, measured evaluation of the value of a property."

A variety of factors can come into play in shopping for a distressed home. Those owned by lenders are often sold in "as is" condition, and most require some kind of renovation or repair. Buying from a bank can be slow going, particularly if the lender is a large institution with a big inventory of foreclosed properties.

In foreclosure hot spots such as Prince William County, multiple bidders often make offers on a property, driving up the price. And with home values still in a freefall, there is no guarantee that a home's worth will appreciate significantly in the near term.

Purchasing a home at an auction or directly from a distressed homeowner comes with its own potential troubles. At a foreclo-

sure auction, buyers rarely get the opportunity to inspect the property before they make an offer. They may also inherit the claims other creditors have made against previous homeowners, such as a home-equity line of credit, a mechanic's lien and back taxes that have not been paid.

Buying directly from a homeowner in distress carries that same risk. Additionally, a short sale, in which the lender agrees to let the owner sell the home for less than the balance of a mortgage, takes a certain level of sensitivity, tact and patience, real estate experts said. Negotiating a deal that will work for both homeowner and lender often takes time, flexibility and a willingness to work through what is often someone's personal financial nightmare.

"It takes some nerve to do that, but if you do, you can actually save that individual a lot of money and salvage their credit," said Danielle

Babb, co-author of the book "Finding Foreclosures."

"Sit and talk with them, meet with them, and let them see you are a real person."

The most common avenue is buying directly from a financial institution that has already foreclosed on the property.

If you're considering shopping for distressed property, first understand your goals. "You ask yourself, 'What is the basis for me buying this property?'" said Robert H. Hillman, a Rockville lawyer who has helped banks sell foreclosed properties and house hunters buy them. Is this an investment intended to be spruced up and sold

for a quick profit? Am I going to rent this home out? Do I intend to live here?

"Secondly, you have to decide on the neighborhood where you are buying and then you have to figure out the financing," Hillman said.

For those who want a home to live in, the most common avenue is buying directly from a financial institution that has already foreclosed on the property. Such properties are known as "real estate owned," or REO, properties.

There are services that sell lists of foreclosure properties. Web sites such as RealtyTrac and ForeclosurePoint allow users to search for homes by geographic parameters such as zip code. Some limited information is available free.

Fannie Mae recently launched the searchable site HomePath for its REO properties, and Freddie Mac has HomeSteps. Some Federal Housing Administration

homebuyer'sguide

foreclosures are listed at Home-sales.gov.

Another route is working with a local real estate agent who specializes in REO properties, many of whom are the listing agents for banks or other lenders. Once a target area is identified, the search begins.

Stephen Greisiger, 43, a news photographer for the Pentagon Channel, chose Woodbridge as his target area because he already lived in Prince William County and was aware of the many foreclosed properties there. He spent weeks seeing dozens of REO homes with a real estate agent before picking a four-bedroom, two-bathroom house built in 1970. There was an in-ground pool and a big yard. But for \$173,000, the property was definitely a fixer-upper.



"The kitchen was pretty much all brand new with brand-new granite countertops," Keith Antaya said of his new home.

"There was writing all over the wall. It was just scribble," he said. "It took me 12 hours to clean the grease out of the kitchen."

Much of the drywall had to be replaced. The ceiling was flaking. The windows would barely open. The floors were stained.

"I didn't know how people lived in that house," Greisiger said.

The home's condition did not deter bidders. The bank had advertised the place for \$129,000, and Greisiger found himself submitting his bid with 10 others.

Making the offer was a calculated risk, Greisiger said. As he figured it, his mortgage would come out to about \$1,250 a month. After about \$40,000 worth of renovations, he figured, he could find somebody to rent it for about

CONTINUED ON E4

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Bust Benefits

CONTINUED FROM E4

\$1,600 a month if he had to move. And in five to seven years, he said, he thinks his total investment will double. Recently, the home appraised for \$210,000, he said, after some of his renovations, he said. He refinanced for a lower interest rate and a monthly mortgage of about \$1,125.

Perhaps the biggest pitfall in buying a foreclosed property is determining the amount of repairs that need to be done to get it in livable shape.

Some houses were overrun with mold. Others had holes in the walls. A few were just like new.

On a recent afternoon, John Thompson, a real estate agent who specializes in REO properties, drove through several Woodbridge neighborhoods, visiting half a dozen repossessed homes in search of a property for his most recent clients: a young, professional couple whose budget was \$400,000 or less.

His experience working with the county's foreclosed homes has made him cautious. He always inspects the first floor, then the second floor, then the basement, giving any intruders a chance to flee.

The selection that afternoon varied. Some houses were overrun with mold. Others had holes punched in the walls. Many were missing appliances such as a stove or refrigerator. A few were just like new.

The majority were permeated with a stopped-in-time sense. The remnants of a hurried life were strewn about: work boots in an upstairs bathroom, flannel shirts and floral dresses hanging in a basement closet, a "Happy Birthday" sign from a child's birthday party left hanging in a kitchen.

"One family's loss is often another's gain," Thompson said.

ALEJANDRO LAZO (WASHINGTON POST)

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homebuyer'sguide



Diego and Jessalynn Gomez purchased a then-unbuilt townhome in a Gaithersburg development. A few weeks later, they stick a SOLD sign on the rapidly growing house.

SEAN MCCORMICK/TWP

and Jessalynn, he says, waiting may be more of a gamble than buying. He and other housing experts point to the confluence of plummeting prices, incredibly low interest rates and wide selection of

“I don’t want to capitalize on someone else’s loss. But ... I’m not going to not take this opportunity.”

— DIEGO GOMEZ
HOMEBUYER

homes for sale. All of that adds up to a big green light for first-time home buyers who can meet more stringent loan requirements and stay put for several years.

“We know that every housing market cycle since the Great Depression has seen home prices rebound from their bottom within a year or two of the beginning of the downturn,” says Kaufmann. “So, in at least five years from now, we should be well off the bottom.”

John Mehalic, a broker for Preferred Mortgage in Vienna, says, “Time will tell, but we could be staring right now at the buying opportunity of a lifetime.”

Though the Gomezes consider the house they buy now a starter home — “our next house maybe is where we hope to live for 20 years,” says Jessalynn — they clearly have high standards for the place where they’re envisioning babies crawling. “What we’d love to have is brand-new build,” Jessalynn says at one point, because, she admits, with a sheepish smile, “I don’t want other people’s stuff and germs.”

At one house, former occupants have left a sticker on their little girl’s window that reads “Princess In Training.” “That’s you!” Diego says to Jessalynn, and they both laugh.

It’s an unusually personal remnant from the previous owners — who, along with their princess, can no longer afford this castle. The Gomezes don’t dwell on this hint of history. As far as they are concerned, Diego says later, these short sales are “unfortunate, and I

The Long Road Home

The journey of a first-time buyer can be scary — but the downturn can help

On an especially frigid Saturday in December, the day’s newspapers are filled with gloom: One headline warns, “Mortgage Troubles Rise to Record Level,” another that “U.S. Loses 533,000 Jobs in Biggest Drop Since 1974.” Yet, even with housing prices showing no sign of halting their steep decline and amid the greatest economic insecurity in decades, Diego and Jessalynn Gomez are driving toward Gaithersburg, planning to take their inaugural plunge into a real estate market that’s gone ice-cold.

Newly married in October, the Gomezes are eager to purchase their first home and move out of the two-bedroom apartment they have been renting in Alexandria. The way they see it, if they are willing to take the risk that the downturn might get worse before it gets better, the market’s loss could be their gain.

Just three years ago, the Washington area’s housing market was so overheated that bidding wars — sometimes more than 20 bids on a single house — and price-escalation clauses were commonplace. Now the area is awash in unsold homes that sit for months amid an ever-growing inventory of foreclosed properties.

Problem is, there’s no way to

know when the market will hit bottom, acknowledges Diego, who says, “You can’t help being a little bit paranoid watching the news.” Nevertheless, he and Jessalynn are confident that their jobs — he’s an IT systems manager in downtown Washington; she’s the catering sales manager for the Ritz-Carlton in Georgetown — are safe from layoffs.

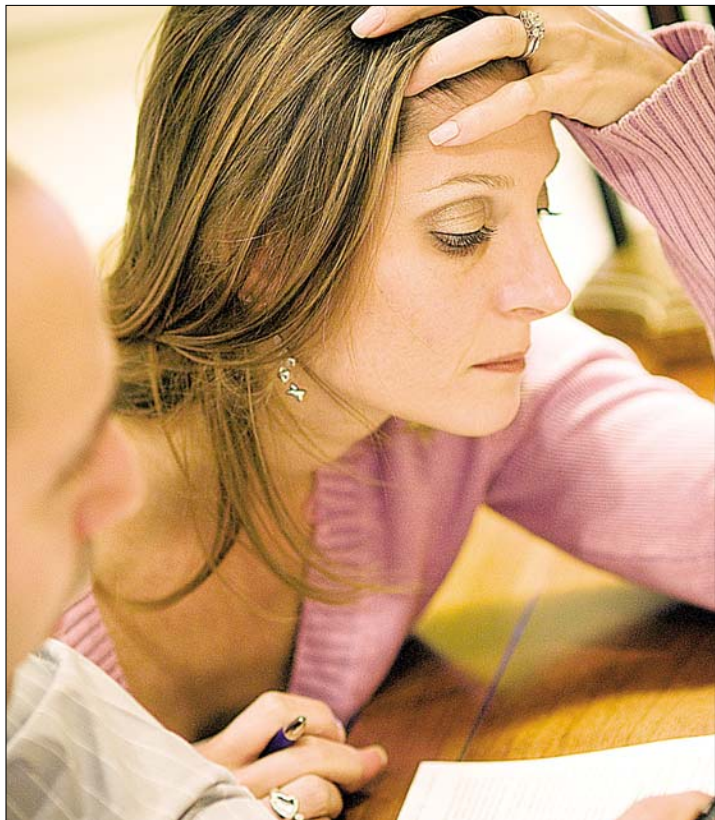
And they believe it’s still true that building equity in a home is far better than sinking a couple thousand dollars every month into that black hole where rent money goes. Plus, as Jessalynn has explained to their Realtor, Tricia Messerschmitt, “We want to start a family,” which is going to require more space.

There are thousands of buyers in the Washington area facing the same set of calculations as the Gomezes. Should they buy or wait? What will happen if they misjudge and get stuck with a mortgage that is soon larger than the value of their newly purchased home? Could they stay in the house long enough for it to regain its value?

“It is a scary time to buy because you have a lot of information telling you that there’s more foreclosures, that prices might fall further,” says Gadi Kaufmann, CEO of Bethesda-based RCLCO, a real estate consulting firm. He adds that “in the short-term future, there’s a good chance that prices will be lower.”

But for buyers such as Diego

homebuyer'sguide



SEAN MCCORMICK/TWP

The Gomezes pore over the details of a housing contract for their new townhome.

don't want to seem like we're trying to capitalize on someone else's loss. But at the same time, I'm not going to not take this opportunity presented to us because someone

"In this economic climate, you have to have perfect credit."

else was unfortunate."

The market gets steadily worse — or, perhaps, better, if you're a buyer — the farther from the city you go. According to county assessments, home values in Prince William County dropped 30 percent last year, while those in Arlington went down less than 2 percent. Some potential first-time buyers who, unlike the Gomezes, don't want to compromise on location, aren't finding any big steals.

In Montgomery County, 2008 assessments showed home values down 16.3 percent since those homes were last assessed three years earlier, but that's after values increased 65 percent from 2001 to 2004. Messerschmitt, who

has a reassuring and low-pressure approach to selling real estate, is optimistic. The sky-high values of three or four years ago, she says, were "not sustainable ... What we're seeing is an adjustment, and it's a good, healthy thing."

The low interest rates can help make buying irresistible these days, too, though borrowers are now confronting lenders' newly tightened standards. Diane Cook, president of Metropolitan Mortgage Services in the District, says banks are far more wary. "All my lenders want everything [regarding a buyer's financial background] ... "and in this economic climate, Cook adds, "you've got to have perfect credit."

But house hunters such as the Gomezes who can swing at least a 10 percent down payment and have a solid credit history, are getting 30-year fixed mortgages at interest rates that are hovering at just above 5 percent for conventional loans.

The Gomezes, of course, are well aware that there's some risk in buying a home in a suburb where

CONTINUED ON E8

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homebuyer'sguide

Journey Home

CONTINUED FROM E7

prices may continue to decline. "Yes, it is definitely scary," Diego concedes. "We know we're going to lose money right off the bat."

After a long day of searching, Hidden Creek, Messerschmitt dropped the couple of where their car is parked. On a whim they decide to stop into the development's sales office.

Hidden Creek's first townhouses were sold in April 2005, and once construction is complete, the development will have more than 538 houses on about 74 acres less than a mile from Lakeforest Mall. Sales consultant Julie Beahm says 14 of the 16 homes she's sold here since she started this job in October have been to first-time buyers.



Jessalyn and Diego Gomez had their hearts set on a townhome in Gaithersburg's Hidden Creek subdivision. They bought a brand-new one, to be built from scratch.

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When the Gomezes sit down with her, Beahm gives them her pitch for the two remaining townhouses nearing completion in this phase of Hidden Creek's development. For either house, current builder M/I Homes is offering 3 percent of the purchase price toward closing costs and, with financing through the company's lender, a rate "buy-down" allowing for a 4.875 percent, 30-year-fixed mortgage. And it will throw in a 42-inch plasma TV.

The Gomezes have perked up at this point. Beahm hands them the keys to both houses and a map. The first one, on lot No. 2037, is in a style named the Christiana, listed at \$399,990, down from \$462,880 in July. The couple is immediately smitten: 2,550 square feet of house on three floor. Upstairs, Diego calls out to his wife, "Jess! You're going to love this." Adjacent to the second-floor bedroom is an enormous closet with a window and a row of shelves, he points out, "to put all your shoes in."

They later decide the Christiana would be too expensive.

But M/I Homes is offering lower prices on its next phase of construction, six homes set for completion in April. It will include a brick-front townhome called the

Christiana II, which will be nearly identical to the Christiana, but will have a base price that will be \$40,000 less.

The Gomezes spent those first few days after the house tour in deep discussion. "We were in love with that first house," Diego says. "Then we both kind of took an emotional step back and crunched the

"If we can at least walk out and sell it and not be upside down, then we're fine with that."

numbers. We ran what the mortgage would look like; we asked Julie for the exact differences between [the Christiana and Christiana II]; we compared them; we asked questions."

As far as worrying about whether prices in Hidden Creek might continue to fall, Diego says they aren't necessarily expecting to make money on the house. "If we can at least walk out and sell it and not be upside down," he says, "then we're fine with that."

The following Saturday, they're in their apartment getting ready to drive back to Hidden Creek, where they will seal a deal on a house

homebuyer's guide



SEAN MCCORMICK/TWP

Jessalynn and Diego Gomez take in the view from their future home's foundation.

that's now a muddy rectangle of concrete, but by April — assuming their financing comes through and the builder is on schedule — will be their first real home together.

Jessalynn seems a little jittery this morning and admits to being nervous about their decision. "It's not buyer's remorse," she says, "but I want to walk through it again." She says she felt the same way before buying her wedding dress. "I just wanted to try it on again."

They arrive at the development a few minutes before their appointment with Beahm, so they have time for a quick look at No. 2037, their home's general prototype, to ease Jessalynn's anxiety.

Then they walk a half-block down the street to look at their site, now just a concrete slab with a pipe sticking up forlornly. In just a few weeks, the frame and walls will be up. "We're going to have three crews working on it to get it up," Beahm has told them.

At the end of their row of houses-to-be, there's a derelict strip mall, with a boarded-up beer and wine store, and a laundromat. It looks ready for the wrecking ball, and Diego says he's asked about its status and that at some point,

"there's supposed to be boutiquey shops with condos above."

The wind is fierce today, so they hurry back to the car and drive the few blocks over to meet Messerschmitt and Beahm at the sales office. "We're going to build your house on paper," Beahm tells them.

Beahm hands them a red SOLD sticker, which they'll later happily slap on the "For Sale" sign.

They end up with tentative upgrades that'll cost them an extra \$15,000, minus the \$5,000 M/I Homes promises to contribute, though that's not including the hardwood floors they are pretty sure they want in their bedroom. They have set their total price ceiling at \$380,000, and will spend the next few weeks visiting the builder's design center and deciding on the details to get the right mix of needs and wants without going over the top.

They try their best to speed-read the legalese in the 37 pages that make up the contract and its

endless addendums (including a mold-disclosure form and something called "the sprinkler addendum"), and sign.

When the drywall is up, they'll have the chance to walk through the home. Settlement will be about 30 days later. They have five days to go over the homeowners' association rules and regulations, and

seven to secure financing through the builder at rates that Jessalynn's credit union can't match. That week, they could probably get a 30-year-fixed mortgage at about 5.3 percent, but they think it might drop further, so they'll wait to lock in the rate.

But today they hand over the \$10,000 deposit, and Jessalynn

gives Beahm a big hug. Beahm hands them a red SOLD sticker, which they'll later happily slap onto the "For Sale" sign posted in front of their home-to-be. "This feels kind of neat," Diego says, with a smile. "For the first time I'll be able to touch the wall and say, 'This is mine.'" CHRISTINA IANZITO (WASHINGTON POST)

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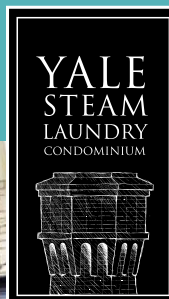
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homebuyer'sguide

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A growing number of homebuilders and real estate agents are luring skittish buyers with mortgage unemployment insurance.

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homebuyer's guide



"It's for those who ... just want that extra safety net," says a rep for homebuilder Toll.

"We're literally adding at least one builder a day throughout the country," said Todd Ludlow, senior vice president of Rainy Day Foundation, a nonprofit organization that administers the programs for many builders.

Builders can pay anywhere from \$450 to \$900 per customer for the coverage. Some absorb the cost as they would any other sales promotion, while others pass it on to buyers, Ludlow said.

In January, Lennar unveiled a version of Rainy Day's program called "Piece of Mind Mortgage Payment Protection Plan." Lennar covers monthly mortgage payments between \$1,800 and \$2,500, depending on the market, for a maximum of six months. Buyers can take advantage of the program only if they lose their job within the first two years after purchasing the home.

Launched last month, Toll's mortgage protection program only covers homebuyers who finance their purchase through the company's mortgage lender. The plan covers a maximum of six monthly payments of up to \$2,500 a month — including interest, taxes and insurance — if the homeowner loses his or her job within two years after closing on their home.

"It's for those who perhaps are not feeling themselves in imminent danger but just want that extra safety net," said Kira McCarron, chief marketing officer for luxury homebuilder Toll, which is based in Horsham, Pa.

One of the most generous programs in the industry comes from Cousins Properties Inc., which is marketing the effort with its 10 Terminus Place luxury condo tower in Atlanta.

Cousins is offering to refund to

"It's for those who perhaps are not feeling themselves in imminent danger but just want that extra safety net."

buyers all their mortgage payments should the appraised value of their condos fall below the sale price after three years. The company, Cousins will let a buyer walk away from their property if they lose their job or just can't make their mortgage payments anymore.

"You won't have a foreclosure, you won't have a credit issue and you won't have any future obligation," said Tom Bell, Cousins Prop-

erties' chief executive, adding such homeowners would sacrifice their 5 percent downpayment.

Some real estate firms also are getting into the act.

Keller Williams Realty Inc. began offering job loss protection through the Rainy Day Foundation a couple of weeks ago as a test program in South Florida with an eye to an eventual national rollout.

"We're bringing it to our sellers as a marketing opportunity," said Greg Cook, spokesman for Keller Williams South Florida.

The firm also is offering it to buyers who enlist a Keller Wil-

liams agent to buy a home that's not being listed through the company, Cook said.

The plan pays up to \$2,500 to cover the full mortgage payment, including taxes and insurance, for six months.

The insurance costs \$650, which can be structured into the closing costs paid by the seller, or it can be paid by the lender or the agent, Cook said.

Any buyers who'd rather skip the job loss insurance will get the \$650 applied to the cost of the home, Cook said.

That's a good idea, suggests J.

Robert Hunter, director of insurance at the Consumer Federation of America.

Hunter said that homebuyers might be better off passing on the mortgage payment insurance plans — which he generally called "a gimmick" — and ask for a discount.

"If we're in for a two-year recession and I lose my job, I may not get it back for two years, and six months is still not going to save me," Hunter said. "I personally would want to find out how much money I could save buying the house without it." ALEX VEIGA (AP)

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Directions: Take I-95 S to Rt. 3 E (Exit 130A). Immediate right onto Gateway Blvd. Go 1 mile to model home park on right.

SPOTSYLVANIA

Lee's Parke

Single-Family Homes from \$299,990

540.834.4657

Directions: Take I-95 S to Rt. 1 S (Exit 126). Go 1 mile and take a right on Spotsylvania Pkwy. to a left on Holly Oak. Turn left on Woodbine Ct. to find model home on right.

SPOTSYLVANIA

Stuarts Crossing

Stunning, **1+ acre**, wooded homesites!

Luxury Single-Family Homes from \$309,990

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Directions: From I-95 Exit 130B - 2.4 miles to left on Gordon Rd. Travel 4.4 miles to Stuart's Crossing - left on Browns Farm St. Model on right.

STAFFORD

Celebrate VA

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540.368.2149

Directions: Take I-95 S to Rt. 17 N (Exit 133B). Go 1.5 miles and make a left on Celebrate Virginia Pkwy. Go 2.5 miles and make a left on March Ct. The model home is on the right.

STAFFORD

Carriage Hills

Luxury, Single-Family Homes from \$239,990

Scenic wooded backdrops and 3 tot lots

Located minutes from I-95

540.368.2830

Directions: Take I-95 S to Exit 136 Centerport Pkwy. Follow to Rt. 1 (Jefferson Davis Hwy.). Take a left at the light at Rt. 1 toward Falmouth. Go 2.5 miles to Rt. 652, Truslow Rd. Make a right, proceed .3 miles to Carriage Hills Dr. Make a left to find Ryland Take a right onto Pegg Rd. Then take a right on Westbury Blvd. W. Model home on the right.

MARYLAND

CLINTON

The Vineyards

Luxury, Single-Family Homes from \$349,990

Minutes from Branch Avenue Metro and I-95

301.856.0565

Directions: Take I-495/95 to Branch Ave./Rt. 5 S (Exit 7A) to Woodyard Rd. and bear right. Go 1 mile to left on Brandywine Rd. to model homes on right.

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SMELLS LIKE TEAM SPIRIT

Wash away that group ride-induced stench with a bar of lavender rosemary or cinnamon clove from Just Soap (\$3, Justsoap.com). Rather than relying on electric machinery, the all-natural product is churned by a bike-powered blender.



Be honest. As you glide past BMWs bottlenecked on M Street, you can't help smirking. Not only are you bypassing D.C. gridlock, you're also doing our planet right by riding your bike. Doesn't get more eco-friendly than that, no? Actually, it does. In honor of Earth Day tomorrow, here are some ways to shrink your carbon, er, tire print. KRIS CORONADO (EXPRESS)



SHOULDER YOUR BURDEN

Pay homage to the road warriors who organize monthly rides in D.C. traffic by strapping on Patagonia's aptly titled Critical Mass Bag (\$120, Patagonia.com), or the smaller Half Mass (\$100, pictured). Either size of the messenger satchel, made from recycled polyester, is large enough — and padded enough and water-resistant enough — to safely tote a laptop.



BEAR THIS IN MIND

If you cruise to the zoo in this jersey, you may want to stay away from the panda enclosure. The odor-repellent, moisture-wicking, antibacterial Bamboo S/S shirt (\$45 Sugoi.com) is a blend of the natural stalky stuff.



DO LET THIS GO TO YOUR HEAD

You can get a cheapo topper anywhere. But when you strap a top-of-the-line Stradivarius 199 (\$190, Totalcycling.com) to your noggin, you'll support Italy's MET Helmets, which strives to keep its manufacturing processes easy on the environment.

TEAMPLAYER



To Cricket Lovers, Life's a Real Pitch

■ Prepare to be bowled over. The Washington Cricket League (Wclinc.com), founded in 1974 by players who missed their wicket fun overseas, kicks off its 2009 season this Saturday.

Yep, it's time to get taken out to the British ballgame. Don't know how to play? Join the club — the game's notoriously complex rules can leave even serious fans baffled by what's happening on the field.

The basic idea is that pitchers (called bowlers) deliver the ball to batsmen, who attempt to score runs without being dismissed (think getting called out in baseball). There are 10 ways to get dismissed, some rarer than others.

Our area might not boast professional players — or, thankfully, any five-day matches (which are common at the top levels of the sport) — but WCL vice president Shoaib Ahmed proclaims, "We have very, very competitive cricket here."

And anyone can be a part of it: If you're itching to give it a try, contact WCL, and they'll help hook you up with a team. JEFFREY DINUNZIO

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LARRY CROWE/AP

No need to ditch all the yolks with this tasty-yet-healthy Mexican-style frittata.

An Egg Up on Your Diet

Health-conscious cooks routinely toss the yolks and stick with the whites when preparing eggs. Good idea? Not necessarily. Eggs are packed with nutrients, and most them — vitamins A and E, folate, calcium, iron and lutein — are in the yolks. Sure, yolks also pack dietary cholesterol, but many scientists now think saturated fat is the bigger culprit in raising blood cholesterol.

A good strategy is to hedge your bets by using some, but not all of the yolks. For instance, prepare an omelet using one whole egg and two egg whites. Or try this Mexican-style frittata, which calls for a reduced number of egg yolks, yet still has great flavor and texture.

PLACE THE POTATOES in a medium saucepan and add enough cold water to cover. Bring to a simmer and cook until just tender, about 5 minutes. Alternatively, place them in a glass bowl, cover with plastic, then microwave on high until tender, about 3 to 5 minutes.


Meanwhile, heat the oven to 350 F. Coat a 9-inch glass pie plate with cooking spray.

Spread the potatoes over the bottom of the pie plate and season with salt. Spoon the salsa over the potatoes.

In a mixing bowl, whisk together the eggs, egg whites, flour, oregano and pepper until smooth. Stir in the cheese and scallions.


Pour the mixture over the potatoes and salsa. With a fork, gently stir the mixture so the cheese and potatoes are evenly distributed. Bake the frittata for 30 to 35 minutes, or until it's set at the center and golden on top. Slice into wedges to serve. (AP)

45 MINUTES, SERVES 6

 **160 calories, 12g protein, 13g carbs, 7g fat, 133mg cholesterol, 509 mg sodium, 2 g fiber**


INGREDIENTS

- ➔ **1 1/2 CUPS** diced red or white potatoes
- ➔ **1/4 TSP** salt
- ➔ **3/4 CUP** chunky tomato salsa
- ➔ **4** large eggs
- ➔ **2** large egg whites
- ➔ **2 TBSP** all-purpose flour
- ➔ **1 TSP** dried oregano
- ➔ **1/4 TSP** ground black pepper
- ➔ **1 CUP** reduced-fat Mexican-style shredded cheese blend
- ➔ **1/2 CUP** chopped scallions

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 **Preggatinis**

EVENT HORIZON Mom's Play Date: When you're knocked up, you can't get liquored up. But you can still enjoy a festive beverage at the book signing for "Preggatinis: Mixology for the Mom-To-Be" this Saturday from noon to 2 p.m. at Firefly (1310 New Hampshire Ave. NW). The sips, snacks and tips are free, but reserve ahead at rsvp_dc@kimptonhotels.com.

STETHOSCOPE

FERTILITY

The Daddy Diet

■ Gentlemen, want to keep your loins fruitful? Better up your intake of fruits and veggies. A study out of the Instituto Bernabeu in Spain found that men visiting a fertility clinic tended to have poorer sperm quality if their diets consisted of processed meat and full-fat dairy (rather than low-fat dairy and veggies). While this doesn't prove much about the effect of food on sperm, scientists speculate antioxidants may protect the little swimmers.

PSYCHOLOGY

Surf's Up, Stress Isn't

■ What's even more pleasant than Hawaii's beaches? Hawaiians' state of mind. According to a study by the U.S. Centers for Disease Control and Prevention, the residents of the islands are the most relaxed of all Americans, with just 6.6 percent reporting depression, stress or emotional problems. These symptoms of mental distress are on the rise in the country overall — 10 percent of us reported them in a 2003-2006 national survey.



ISTOCK

CANCER

Vegetable Scoop

■ And yet another reason to eat your veggies: Broccoli seems to be able to reduce one's risk of stomach ulcers (and probably cancer, too). A study in Cancer Prevention Research discovered that subjects who ate the green cruciferous vegetable had lower levels of a bacterium associated with tummy woes than those who ate alfalfa sprouts.



Eight Hours of Power

Six tips to keep you stress-free during your 40 hours a week

Work stress rips us apart. It sabotages us. Inspires stupid comments snapped at people just as stupid. Makes us a Monday-through-Friday phosphorous burn.

Enough already. Tomorrow, and every day thereafter, remember these tips for controlling the weight on your shoulders. Because if you think your job isn't your life, you're dead wrong.

Dump the Coffee

Caffeine is liquid stress, simultaneously boosting adrenaline production and suppressing adenosine, a natural relaxant in your brain. To avoid withdrawal headaches, David B. Posen, a stress expert, suggests gradually cutting back by one cup at a time, beginning with your last cup of the day.

Say the 'O' Word

Ask David Allen, author of "Getting Things Done: The Art of Stress-Free Productivity," what's the biggest office stress buster, and his answer is immediate: organization. "It's what's most needed and most lacking." Even a very basic organizational habit can cumulatively save you hours in a work week.

Spy on Yourself

Spend your days hunched over a keyboard with knots in your shoulders? Yeah, and you probably never stop to think about it. West Virginia University researchers found that people's stress levels dropped by 54 percent after a two-month "mindfulness training" program — that is, simply paying more attention to the symptoms of stress, such as bunched-up muscles and fast, scattered thinking. So pay attention if your thoughts begin to race or your breathing becomes shallow. And when you notice knots in your shoulders, you can ...

Do the PC Stretch

"When we're under stress, we usually lean forward to focus on what we're doing," says Neil Chasan, a physical therapist in Seattle. "This makes the muscles of the neck and lower back work harder — and they're small to begin with." For quick relief, clasp your hands

“When we're under stress, we usually lean forward to focus on what we're doing. This makes the muscles ... work harder.”

behind your neck and squeeze your shoulder blades together. Now let your head fall forward so your chin is close to your chest, and bring your elbows together in front of you so they're touching. Pull down with your hands for several seconds, then release. Repeat six to eight times whenever you're knotted up.

Buy a Multivitamin

In a University of Birmingham study of men 18 to 42 years old, British researchers found that those who took a daily multivitamin high in vitamin C and all the B vitamins enjoyed a 21 percent drop in anxiety, while those popping a placebo actually felt more stressed. Even better, the multi men also rated themselves less tired and more focused. The probable cause: Research has shown that B and C vitamins help reduce the effects of stress. If you want to try the multivitamin used in the study — Berocca — go to Drugstore.com. Ninety pills will run you \$40.

Throw Up Your Hands

And start juggling. "Juggling gets me out of my chair," says Posen, admitting that his limited skills are actually helpful. "It's hard to juggle without laughing at yourself." Plus, it's nearly impossible to think about work when you're concentrating on juggling. And that's the point: Regularly schedule five minutes of laughing distraction. EDDIE ROBBINS (REPRINTED WITH PERMISSION OF MEN'S HEALTH © RODALE INC.)

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VOLUNTEERS NEEDED For a Malaria Vaccine Study

Purpose: To test to see if an investigational malaria vaccine is safe in humans and whether it can protect against malaria infection

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The study is called "DNA-Ad Malaria Vaccine Trial in Malaria-Naïve Adults in the United States."

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Do you suffer from **SEVERE** reflux or heartburn?



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703 698 8960

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This project has been approved by the Gastroenterology Associates Ethics Committee

RESEARCH STUDY FOR KIDS \$\$\$

- Do you have a child between the ages of 9-13? If yes, you and your child can participate in a University of Maryland study on adolescent risk taking.
- You and your child will attend a 2 hour session at the College Park campus where you'll both fill out questionnaires and complete a non-violent computer game.
- Your child will receive prizes valued up to \$25 and you will receive \$25 in cash (opportunity to earn more)

Call us at **301-974-7425**

This study is sponsored by the National Institute on Drug Abuse

Does Someone You Care About Have A Seizure Disorder?

Washington Hospital Center is looking for patients to participate in a research study for a new anti-seizure medication

- Diagnosed with partial onset seizures
- Taking one or more medications to manage seizures
- At least 18 years old



If you qualify to participate in this study, you will receive research medication, medical examinations, including blood testing and ECGs (measurement of heart electrical activity), at no charge.

Please contact **Dr. Marc Schlosberg** at **202-877-0922** for more information.

TRANSCENDENTAL MEDITATION & BIPOLAR DISORDER

If life's highs and lows leave you in emotional distress and pain even though you are already taking medication, you may qualify for this research study on the effectiveness of Transcendental Meditation for bipolar disorder.

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Adults with Depression**

- Have you been feeling sad or perhaps, even hopeless?
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Capital Clinical Research Associates is conducting a research study to evaluate an FDA approved treatment for depression. Volunteers are needed.

You may be eligible to enroll if you:

- Are an adult 18 years and older.
- Are currently employed and work at least 20 hours a week.

If you qualify:

- You may be provided with study drug and will receive study-related care at no cost to you.
- You may receive payment for your time and travel.

To learn more about this study please call: **301-770-7375**

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Sports



ROB CARR/AP

Tiger Woods spoke Monday at Congressional Country Club in Bethesda, Md. His AT&T National tournament is scheduled to return to the venue from 2012-14.

Tiger Excited for Return of AT&T

Woods' tournament set for Congressional from 2012-14 at least

The Blue Course at Congressional Country Club sat Monday in a downpour, unworthy, for a day, of staging an evening beer league, much less an event hosted by Tiger Woods or a major championship. But in the next three months, the course will undergo an overhaul that will send Woods and the AT&T National tournament he hosts there packing, send the members scurrying to the Bethesda club's other facilities for the rest of the summer, and ultimately provide the area a venue worthy of hosting the 2011 U.S. Open.

Woods was at Congressional Monday to promote the third annual AT&T National, a tournament in which he committed to play after missing last year's event following surgery to reconstruct his left knee. But when play is completed there on July 5, Washington — which has hosted a PGA event every year since 1980 — will say goodbye to its regular tour stop for 2010.

Woods's foundation, the beneficiary of the event, has an agreement to return from 2012-14, after the Open. Woods, though,

said he would like to come back beyond that.

"We want to come back and play here as long as Congressional wants us," Woods said at a news conference at the club.

"This is such a great golf course and such a special area that, of course, we want to come back. This is a very historic golf course and one the players love to play. You have a great golf course, the players will come."

“We want to come back and play here as long as Congressional wants us. This is such a great golf course.”

TIGER WOODS

The tournament, which Woods and PGA Tour officials organized hastily in 2007, will be held in 2010 and 2011 at Aronimink Golf Club just outside Philadelphia. Congressional will use that time to completely rebuild its greens in preparation for the '11 Open, the first major championship to be held in the Washington area since Congressional hosted the 1997 Open.

BARRY SVRLUGA (THE WASHINGTON POST)

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lookout



New Love?

Lindsay Lohan is looking to get in bed with Vegas' 'Peepshow' | **38**



Dan Brown leaves literacy in his wake.

He Wrote The Book Folks Read

'Da Vinci Code' author Brown has another novel in the works

BOOK | At last, a new Dan Brown novel is coming.

Six years after the release of his mega-selling "The Da Vinci Code," the Knopf Doubleday Publishing Group announced that Brown's "The Lost Symbol," a thriller set during a 12-hour period and featuring "Da Vinci Code" protagonist Robert Langdon, will come out in September.

The first printing will be 5 million copies, Knopf Doubleday said Monday, a modest number considering that "The Da Vinci Code" has sold more than 80 million worldwide and inspired a spin-off community of travel books, diet books and religious works.

Brown, 44, had kept his readers and the struggling book industry in suspense as year after year passed without a new novel. As far back as 2004, Doubleday had hinted that a follow-up was coming. HILLEL ITALIE (AP)

'Curiosities' Fill the Void

Jane's Addiction fans are given access to unheard gems from the band's arsenal

COLLECTION | A multimedia treat for fans, Jane's Addiction's box set is more than a collection of videos and rare tracks. It's a celebration of the band's influence on music and pop culture.

Travel back 20 years and see Perry Farrell literally lighting firecrackers in bed.

Open the "Cabinet of Curiosities" and you will find three CDs of music (mostly unreleased demos and live recordings), a DVD of music videos and personal footage from the band, a booklet that tells their story in words and pictures, trading cards featuring the four original members and four tiny worry dolls.

The DVD opens with "Soul Kiss: The Fan's Video," first released in 1989. Travel back 20 years and see frontman Perry Farrell frolicking with a girlfriend, literally lighting firecrackers in bed. A pre-tattoo Dave Navarro shows off his pet eel, taking it from its aquarium and whacking it against a table. Drummer Stephen Perkins bangs away on pots and pans with spoons, and bassist Eric Avery gives a book



OUTSIDE THE BOX: Perry Farrell left, and Dave Navarro perform in July 2003. The band just released an immense box set.

report from the bathroom, sitting on the toilet. The DVD also includes six original music videos and live performances from a Milan show in 1990.

The visuals are great, but the music is better: A total of 43 tracks, almost all previously unreleased.

Disc one is filled with demos recorded in 1986 and '87 — songs that ended up on the band's 1988 major-label debut, "Nothing's Shocking," and its 1990 follow-up, "Ritual de lo Habitual." Discover

a piano tinkling behind the hard rock in "Mountain Song," reverb-free vocals on "City" and a wah-wah intro to "Stop!"

Disc two is a mix of demos, covers and live recordings, including a rehearsal version of "My Time" featuring Farrell's harmonica skills and his post-song critique.

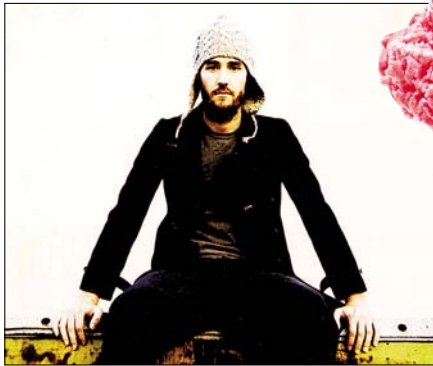
Disc three, all live tracks recorded at the Hollywood Palladium in 1990, pulses with edgy energy. Highlights include 10-minute-plus versions of "Then She Did" and "Three Days."

In the companion booklet, Navarro calls the latter a song that "touches on every musical element of Jane's within one composition. It's dark, sexy, sexual, aggressive." Featuring interviews with the quartet and rockers influenced by their music, the booklet offers a chronology of Jane's evolution, demise and return.

Taken together, "A Cabinet of Curiosities" is an immersive trip down memory lane with one of the most influential bands of the late '80s. SANDY COHEN (AP)

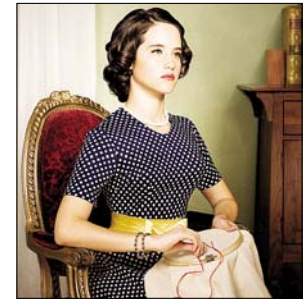


SEMI-REALITY How Do You Like That, Kim? From the producers of E!'s "Keeping Up with the Kardashians" comes "Kourtney and Khloe in Miami," which follows sisters Kourtney (pictured) and Khloe Kardashian as they head to ... Miami. In the wake of recent public break-ups, the drama-queen duo have decided to seek out a fresh start and relocate to sunny Florida, where they will open a new Dash boutique. The half-hour reality series will debut in August. (EXPRESS)



top stops

Compiled by Express' Karmah Elmusa and Fiona Zublin. Read more of their picks every day at Expressnightout.com/topstops.



3 Latin Fusion

When she was young, Ximena Sarinana's parents listened to jazz. And we are thankful, since this Mexican singer/songwriter's work (with lyrics in Spanish) would probably just sound like run-of-the-mill, if heartfelt, pop rock without that influence. But generic her work is definitely not. f.z.

→ 9:30 Club, 815 V St. NW; 7 p.m., \$18; 202-265-0930. (U St.-Cardozo)

We All Scream

Today is a national holiday. All over the country, people will scurry from their offices and schools and homes to partake in Free Cone Day, a magical batch of hours during which Ben and Jerry's gives away free ice cream to all who want it. Yes, for the entire day. No, there's no catch. Go forth and get yourself a scoop of deliciousness, gratis. f.z.

→ Ben and Jerry's, 1333 19th St. NW; 202-785-4882. (Dupont Circle)

→ Ben and Jerry's, 103 S. Union St., Alexandria; 703-684-8866.

→ Ben and Jerry's, 3135 M St. NW; 202-965-2222. (Foggy Bottom)

2 As Heard on TV

Alexi Murdoch's name might not ring a bell, but you've definitely heard his biggest hit, "Orange Sky." The song has been featured on every TV show you can think of, including "Dawson's Creek" and "Ugly Betty." You can hear Murdoch's other music — similarly mellow and well-written — tonight. f.z.

→ Rock and Roll Hotel, 1353 H St. NE; 8 p.m., \$15; 202-388-7625.

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Look on the Bright Side

In her second book, Marie Osmond tells readers it's time to 'Laugh About It Now'

BOOK | After a recent performance at the Flamingo Hotel, Marie and Donny Osmond pose for pictures and sign autographs for a group of eager fans, just as they do every night.

Dressed in a black brocade coat, fishnet stockings, tall black boots and rhinestone hoop earrings, the newly petite, nearly 50 Marie Osmond looks very much as if she's entering a new chapter of life.

Besides her Vegas gig, a TV talk show debuting next fall and an upcoming album, Osmond's written another memoir — "Might

As Well Laugh About it Now" — in which she manages to recall such difficult memories as the heartache of two divorces and her struggles with weight.

"Maybe because I started working at such a young age, I did learn to laugh," Osmond said. "Look at girls today ... we get so humiliated that we run from things. And to me that's missing out on life."

Osmond's been singing since childhood, with and without her eight brothers. She is best known for the rosy-cheeked, wide-eyed image she attained while co-hosting the '70s TV variety show "Donny & Marie."

As a mother of eight, Osmond was one of the first celebrities to talk openly about postpartum depression in her 2001 best-seller,



TRUE TO HER WORD: Marie Osmond practices what she preaches by smiling big.

"Behind the Smile."

Why a second book?

"I wanted to put some things down that were really meaningful to me," Osmond said. "It's about attitude ... you can let life get you down or you can laugh about it."

Co-author Marcia Wilkie said each story can stand on its own

As a mother of eight, she was one of the first celebrities to talk about postpartum depression.

and is prefaced with a personal photo.

"The reason we wrote it that way is because many women are busy," Wilkie said. "Maybe you flip it open and see a photo that interests you — you can start the book anywhere you want." LORINDA TOLEDO (AP)

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express

On 'Idol,' Justice Delayed

An act of clemency last week sets up a double elimination — and all are vulnerable

TELEVISION | Well, now they've done it.

Last week, the "American Idol" judges — Paula Abdul, Simon Cowell, Randy Jackson and newbie Kara DioGuardi — unleashed their new power: the ability to pull a contestant back from the dark abyss of a viewer-mandated ouster.

The move seemed inevitable, really. According to new rules in place this season, the so-called judges' save could only be used before the show's cast was winnowed down to five — which means they had only last week

and this week to use it. And they couldn't *not* use it — it'd be like letting that Cusi coupon expire without getting your free bag of chips.

But salvation for last week's condemned contestant — conflicted crooner Matt Giraud — came at a price: This week, two "Idol" hopefuls will be sent packing. And with their save power spent, the judges have no control over which contestants get pink-slipped.

That could be bad news for Allison Iraheta. The 16-year-old rockish power singer has turned in superlative performances, but she's twice wobbled uncomfortably close to elimination. If she winds up on the chopping block this week, no one will be able to snap her back.

The ax is more likely to fall on Giraud, who was told by Cowell



"Idol's" Matt Giraud was saved from elimination last week, but his luck may run out.

express **nightout**

Give your take on which contestants should get the boot this week and check back for recaps of Tuesday and Wednesday's "American Idol" episodes. **ONLINE NOW**

EXPRESSNIGHTOUT.COM/IDOL

last week that he doesn't have "really any chance of winning the competition" — not exactly a ringing endorsement. Joining him could be Lil Rounds, who's been on the receiving end of Cowell's jabs for weeks, or Anoop Desai, whose vocal followers haven't kept him from descending to the bottom of the "Idol" polls for three weeks running.

Could thus-far-untouchable fan favorites Kris Allen, Danny Gokey or Adam Lambert find themselves in jeopardy? It's unlikely. But when the American people are left to vote, you never know how the chips will fall. GREG BARBER (EXPRESS)

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IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG)
2:45, 5:10, 7:45, 10:15

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 2:00, 4:30, 7:00, 9:30

17 AGAIN (PG13) 1:55, 2:30, 4:30, 5:15, 7:05, 7:50, 9:40, 10:25
CRANK HIGH VOLTAGE (R) 1:35, 2:25, 4:05, 5:05, 6:35, 7:35, 9:10, 10:10

STATE OF PLAY (PG13) 3:30, 6:30, 9:35

STATE OF PLAY (PG13) 1:15, 4:15, 7:15, 10:20

DRAGONBALL: EVOLUTION (PG) 2:55, 5:05, 7:25, 9:45

HANNAH MONTANA: THE MOVIE (G) 2:05, 3:05, 4:35, 5:35, 7:10, 8:10, 9:45, 10:45

OBSERVE AND REPORT (R) 1:05, 2:35, 3:25, 5:00, 5:45, 7:20, 8:05, 9:40, 10:25

FAST & FURIOUS (PG13) 1:50, 2:40, 4:45, 5:30, 7:30, 8:15, 10:10

THE HAUNTING IN CONNECTICUT (PG13) 2:50, 5:25, 8:00, 10:35

DUPLOITY (PG13) 1:45, 4:40, 7:45, 10:40

I LOVE YOU, MAN (R) 3:15, 5:50, 8:30

KNOWING (PG13) 1:25, 4:20, 7:10, 10:00

THE LAST HOUSE ON THE LEFT (R) 10:05 PM

TAKEN (PG13) 3:00, 5:20, 7:40, 10:00

ROYAL KILL (PG13) 2:20, 5:15, 7:55, 10:30

AMC SELECT

ADVENTURELAND (R) 2:10, 4:45, 7:25

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.

17 AGAIN (PG13) 2:40, 5:10, 7:40

HANNAH MONTANA: THE MOVIE (G) 2:30, 5:05, 7:30

DUPLOITY (PG13) 4:10, 7:10

I LOVE YOU, MAN (R) 2:50, 5:20, 7:50

CONFESSIONS OF A SHOPAHOLIC (PG) 2:20, 4:40, 7:00

THE INTERNATIONAL (R) 2:10, 5:00, 8:00

HE'S JUST NOT THAT INTO YOU (PG13) 4:20, 7:20

AMC SELECT

ADVENTURELAND (R) 3:10, 5:40, 8:10

AMC COLUMBIA MALL 14

10300 Patuxent Parkway

IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG)
12:30, 3:00, 5:30, 8:00, 10:35

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 1:30, 4:00, 6:30, 9:00

17 AGAIN (PG13) 1:45, 4:15, 7:00, 9:45

CRANK HIGH VOLTAGE (R) 1:25, 2:45, 5:15, 7:45, 10:15

STATE OF PLAY (PG13) 1:40, 4:30, 7:30, 10:30

DRAGONBALL: EVOLUTION (PG) 12:05, 2:20, 4:50, 7:10, 9:30

HANNAH MONTANA: THE MOVIE (G) 12:50, 1:50, 3:30, 4:25, 7:15, 7:25, 9:50

OBSERVE AND REPORT (R) 1:20, 3:45, 6:00, 8:20, 10:40

FAST & FURIOUS (PG13) 12:45, 3:15, 5:50, 8:30, 9:55

THE HAUNTING IN CONNECTICUT (PG13) 2:35, 5:10, 7:40, 10:05

I LOVE YOU, MAN (R) 2:15, 5:00, 7:50, 10:25

KNOWING (PG13) 1:35, 4:20, 7:20, 10:10

AMC SELECT

ADVENTURELAND (R) 2:40, 5:20, 8:10, 10:45

LOEWS GEORGETOWN 14

3111 K Street, N.W.

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 1:00, 3:15, 5:35, 8:05, 10:30

17 AGAIN (PG13) 2:25, 4:55, 7:30, 10:00

CRANK HIGH VOLTAGE (R) 2:45, 5:10, 7:45, 10:15

STATE OF PLAY (PG13) 1:00, 2:15, 4:00, 5:15, 7:00, 8:15, 10:05

DRAGONBALL: EVOLUTION (PG) 1:05, 3:25, 5:40

HANNAH MONTANA: THE MOVIE (G) 1:40, 4:15, 6:45, 9:25

HANNAH MONTANA: THE MOVIE (G) 1:40, 4:15, 6:45, 9:25

OBSERVE AND REPORT (R) 2:50, 5:05, 7:25, 9:45

FAST & FURIOUS (PG13) 1:50, 4:30, 7:10, 9:50

THE HAUNTING IN CONNECTICUT (PG13) 7:55, 10:25

DUPLOITY (PG13) 1:45, 4:40, 7:40, 10:25

I LOVE YOU, MAN (R) 2:00, 4:35, 7:15, 9:55

KNOWING (PG13) 1:10, 4:05, 9:40

AMC SELECT

ADVENTURELAND (R) 2:40, 5:20, 8:00, 10:30

SUNSHINE CLEANING (R) 2:30, 5:00, 7:35, 10:10

AMC TYSONS CORNER 16

7850 Tysons Corner Center

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 12:45, 3:25, 5:50, 8:10, 10:30

17 AGAIN (PG13) 12:40, 2:15, 3:20, 4:50, 5:55, 7:30, 8:35, 9:55, 11:00

CRANK HIGH VOLTAGE (R) 12:50, 3:15, 5:55, 8:30, 10:50

STATE OF PLAY (PG13) 1:35, 4:30, 7:45, 10:40

DRAGONBALL: EVOLUTION (PG) 12:35, 2:50, 5:05, 7:25, 9:40

HANNAH MONTANA: THE MOVIE (G) 12:25, 1:55, 2:55, 4:25, 5:35, 7:15, 8:15, 10:45

OBSERVE AND REPORT (R) 12:20, 1:15, 2:30, 3:40, 4:40, 5:45, 7:00, 8:00, 9:15, 10:20

FAST & FURIOUS (PG13) 12:30, 2:00, 3:00, 4:45, 5:40, 7:20, 8:20, 9:50, 10:55

THE HAUNTING IN CONNECTICUT (PG13) 9:30 PM

MONSTERS VS. ALIENS (PG) 2:10, 4:35, 7:10, 3D NOT AVAILABLE

FOR THESE SHOWTIMES

DUPLOITY (PG13) 1:10, 4:05, 7:05

I LOVE YOU, MAN (R) 12:35, 3:05, 5:30, 8:05, 10:35

I LOVE YOU, MAN (R) 12:35, 3:05, 5:30, 8:05, 10:35

KNOWING (PG13) 1:30, 4:20, 7:35, 10:20

RACE TO WITCH MOUNTAIN (PG) 9:45 PM

AMC SELECT

ADVENTURELAND (R) 10:00 PM

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo

17 AGAIN (PG13) 1:25, 4:25, 7:25, 9:55

AMERICAN VIOLET (PG13) 1:10, 4:10, 7:10, 10:10

CRANK HIGH VOLTAGE (R) 12:20, 2:50, 5:20, 7:50, 10:05

DRAGONBALL: EVOLUTION (PG) 12:15, 2:35, 4:45, 7:15, 9:45

HANNAH MONTANA: THE MOVIE (G) 1:20, 4:20, 7:20, 9:50

OBSERVE AND REPORT (R) 1:15, 3:30, 5:45, 8:00, 10:15

FAST & FURIOUS (PG13) 12:05, 1:30, 2:30, 4:05, 5:00, 6:30, 7:30, 9:00, 10:00

FAST & FURIOUS (PG13) 1:30, 4:05, 6:30, 9:00

THE HAUNTING IN CONNECTICUT (PG13) 12:10, 2:40, 5:10, 7:40, 10:10

MONSTERS VS. ALIENS (PG) 12:30, 2:00, 3:00, 4:30, 5:15, 7:00, 9:30, 3D NOT AVAILABLE FOR THESE SHOWTIMES

KNOWING (PG13) 1:05, 4:15, 7:05, 10:05

TYLER PERRY'S MADEA GOES TO JAIL (PG13) 7:45, 10:15

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886

IMAX MONSTERS VS. ALIENS: AN IMAX 3D EXPERIENCE (PG)
1:45, 4:10, 6:45, 9:15

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 2:30, 5:00, 7:30, 10:00

17 AGAIN (PG13) 1:20, 2:05, 3:55, 4:40, 6:30, 7:15, 9:05, 9:50

CRANK HIGH VOLTAGE (R) 2:45, 5:05, 7:25, 9:45

STATE OF PLAY (PG13) 1:10, 3:20, 4:15, 6:20, 7:20, 9:20, 10:20

DRAGONBALL: EVOLUTION (PG) 2:15, 4:35, 7:10, 9:40

HANNAH MONTANA: THE MOVIE (G) 1:05, 1:50, 3:40, 4:20, 6:15, 7:00, 8:50, 9:35

OBSERVE AND REPORT (R) 1:00, 2:25, 3:25, 4:45, 5:45, 7:05, 8:05, 9:30, 10:30

FAST & FURIOUS (PG13) 1:25, 4:00, 6:40, 9:25

FAST & FURIOUS (PG13) 2:10, 4:50, 7:35, 10:25

THE HAUNTING IN CONNECTICUT (PG13) 2:40, 5:15, 7:50, 10:20

I LOVE YOU, MAN (R) 2:50, 5:20, 7:55, 10:25

KNOWING (PG13) 1:40, 4:30, 7:40, 10:30

RACE TO WITCH MOUNTAIN (PG) 2:35, 5:10, 7:45

AMC SELECT

ADVENTURELAND (R) 10:10 PM

LOEWS SHIRLINGTON 7

2772 South Randolph

AMERICAN VIOLET (PG13) 2:00, 4:45, 7:25

VALENTINO: THE LAST EMPEROR (NR-NOT RATED) 12:40, 3:00, 5:15, 7:35

SHALL WE KISS? (NR-NOT RATED) 12:30, 2:50, 5:05, 7:20

AMC SELECT

SUNSHINE CLEANING (R) 12:45, 3:10, 5:30, 7:50

SIN NOMBRE (R) 1:00, 3:20, 5:40, 8:00

THE CLASS (PG13) 1:20, 7:00

SLUMDOG MILLIONAIRE (R) 1:40, 4:45, 7:30

THE READER (R) 4:10

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.

STATE OF PLAY (PG13) 1:30, 4:20, 7:10, 10:00

AMC MAZZA GALLERY

Jenifer and Wisconsin

17 AGAIN (PG13) 2:00, 4:30, 7:00
DRAGONBALL: EVOLUTION (PG) 1:20, 3:20, 5:20, 7:20
HANNAH MONTANA: THE MOVIE (G) 2:20, 4:50, 7:30
OBSERVE AND REPORT (R) 2:10, 4:40, 7:10
FAST & FURIOUS (PG13) 8:00

MONSTERS VS. ALIENS (PG) 12:30, 2:50, 3D NOT AVAILABLE FOR THESE SHOWTIMES

DUPLOITY (PG13) 1:30, 4:20, 7:20

I LOVE YOU, MAN (R) 2:20, 5:00, 7:50

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard

DIGITAL 3D

MONSTERS VS. ALIENS 3D (PG) 2:45, 5:10, 7:35, 9:55

17 AGAIN (PG13) 1:15, 2:30, 3:45, 5:00, 6:30, 7:30, 9:05, 10:05

CRANK HIGH VOLTAGE (R) 2:05, 4:40, 7:10, 9:35

STATE OF PLAY (PG13) 1:00, 2:35, 4:00, 5:30, 7:00, 8:30, 10:00

DRAGONBALL: EVOLUTION (PG) 1:50, 3:55, 6:05, 8:15

HANNAH MONTANA: THE MOVIE (G) 1:10, 2:20, 3:35, 4:50, 6:00, 7:20, 8:40, 9:50

HANNAH MONTANA: THE MOVIE (G) 1:10, 3:35, 6:00, 8:40

OBSERVE AND REPORT (R) 1:05, 2:00, 3:15, 4:30, 5:45, 6:45, 8:00, 9:00, 10:15

FAST & FURIOUS (PG13) 2:10, 4:45, 6:15, 7:15,

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lookout television

Images of A Lonely Planet

VOID | Based on the most popular one-off special in the history of The History Channel, "Life After People" (10 p.m., History Channel) will spend 10 episodes speculating about the fate of the Earth after humans leave the scene.

Experts will opine about the future disposition of our remains after some possible mass extinction. Others will predict just how long it will take man-made systems, cities and structures to disintegrate or blend into the flora and fauna. And just to rub in the point further, special effects will show what famous icons from the Chrysler Building to the Sistine Chapel will look like after a few months or years without upkeep.

Episode 1 will explore the fate of 6 billion dead human bod-



"Life After People" speculates on what our decaying civilization would be like.

ies. Next week (April 27), we learn about the fate of our pets and livestock. What's in store for man's best friend without people around to dish out the Alpo? Week 3 (May 5) wonders about threats to our nation's capital and to documents like the Constitution in a world without citizens. I hardly think documents will be on top of the agenda when "We the People" are no longer around to read them. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

tonight's lineup

NERDY OSCARS

The 2009 **INTERACTIVE ACHIEVEMENT AWARD** (8 p.m., IFC) honors the year's best games, online entertainment and development teams.

DOUBLE THE THREAT

After last week's "save," singers compete on **AMERICAN IDOL** (8 p.m., Fox) with the knowledge that two will be eliminated on Wednesday.

WILD WATERS

A storm threatens on **DEADLIEST CATCH** (9 p.m., Discovery).

LOCAL DISASTER

A two-hour **FRONTLINE** (9 p.m., PBS) looks at "Poisoned Waters" and uses the Puget Sound and the Chesapeake Bay as two examples of ecosystems on the verge of collapse.

MORE LIKE 'EARTH WEEK'

ECO TRIP (9 p.m., Sundance) offers viewers a guilt trip about the environmental impact of ordinary products.

TAKE THIS CALL

Contestants on **THE PHONE** (10 p.m.,



Researchers take samples from the Potomac River on "Poisoned Waters."

MTV) answer a telephone summons to drop everything and compete in a globe-trotting adventure.

A CHAT WITH WOLVERINE

Jay Leno hosts Hugh Jackman, Abigail Breslin and Ida Maria on **THE TONIGHT SHOW** (11:35 p.m., NBC).

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Delightfully Tacky Ride

2010 Chevy Camaro harkens back to days of pony cars past

AMERICAN MUSCLE | Despite some published reports, the 2010 Camaro SS is not really what you'd call a sports car, unless you tend to shave with a chain saw or sign your name with a piece of burning timber or make scrambled eggs by dropping a piano on a chicken.

The consonant quality of this car, from the moment you turn the key to the moment you gratefully leave it in the chiropractor's parking lot, is a wanton and cheerful disregard for finesse and delicacy.

You have to understand, after four decades in the market, the Camaro nameplate stands for something: 40-ounce beers, mullet



COURTESY OF GENERAL MOTORS VIA WIECK

The 2010 Camaro SS's 6.2-liter pushrod V8 can leave nasty black marks on the pavement. The car represents a wanton and cheerful disregard for finesse.

hairdos, barbed-wire tattoos, that trick where you put cigarettes out on your tongue. If you ever stole cable TV from your neighbor, or own more than two stuffed deer heads, you might be a Camaro prospect.

Oh, please, don't even start with accusations of cultural stereotyping. I'm from North Carolina. A telephone pole with a Camaro wrapped around it might as well be the state tree.

With the arrival of the new retro-modern Camaro, the class reunion of 1969 pony cars is complete. Last year, Dodge brought out its Challenger and Ford rebirthed the Mustang, with vastly improved interior and recalibrated suspension.

The Camaro SS makes a very capable courser, but, it's certainly no lithe and nimble sports car.

NUTS & BOLTS

→ 2010 CHEVY CAMARO SS

\$30,995

Powertrain: Naturally aspirated overhead-valve 6.2-liter V8; six-speed manual transmission; rear wheel drive (limited-slip differential standard) | **Wheelbase:** 112.3 inches | **Measurements:** 190.4 inches, 3,849 pounds | **Horsepower:** 426 at 4,600 rpm | **Torque:** 420 pound-feet at 4,600 rpm | **0-60 mph:** 4.6 seconds

The speed-variable power steering is light and a little watery on center, firming up as you turn in. However, the brakes — 14-inch Brembos on the front — certainly git'er done.

Nonetheless, the car has a profoundly anachronistic feel to it. The Camaro certainly won't deflect the avalanche of bad news for the parent company back in Detroit.

DAN NEIL (LOS ANGELES TIMES)



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embassies

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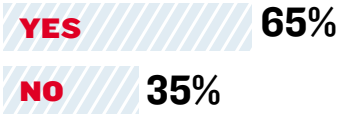
To sign up for the ExpressNightOut.com weekly email newsletter, please visit:
www.expressnightout.com/newsletter

E-delivery every Wednesday morning. See contest details in newsletter for rules.

Poll Center

WAS IT APPROPRIATE FOR PRESIDENT OBAMA TO SHAKE HUGO CHAVEZ'S HAND?

YESTERDAY'S RESULTS AS OF 5 P.M.



"No U.S. president has ever publicly snubbed the leader of another nation, and there are plenty of them out there far worse than Chavez that presidents have shaken hands and laughed with."

COMMENTER DAC, WHO ADDED, "IT WAS TOTALLY APPROPRIATE FOR OBAMA TO SHAKE CHAVEZ'S HAND."

"I'm surprised Chavez would shake Obama's hand. After all, Chavez called Obama an ignoramus and has said repeatedly that the U.S. is trying to kill him."

COMMENTER BRAD2, WHO ADDED, "I WOULD THINK CHAVEZ WOULD WANT TO KEEP HIS DISTANCE FROM SOMEONE WHO, ACCORDING TO HIM, WANTS HIM DEAD."

SEE HOW YOUR METRO STATION VOTED
WWW.EXPRESSNIGHTOUT.COM

Blog LOG

"IF I SEE ONE MORE sloppy pair of sweatpants, one more stretched out T-shirt, one more nearly falling apart, 'I used this in high school' backpack, I'm gonna start intervening."

DCGOODWILLFASHIONS.BLOG-SPOT.COM IS TIRED OF SEEING GUYS WEARING WORKOUT GEAR EVERYWHERE THEY GO, NO MATTER WHAT.



FREELON ADJAYE BOND / SMITHGROUP

"Looking at this design makes us think more of an office building than a museum celebrating African American history and culture."

DCMETROCENTRIC.COM ISN'T QUITE SURE WHAT TO THINK OF THE NEW SMITHSONIAN MUSEUM PROJECT, ADDING, "THIS IS GOING TO BE ONE OF THOSE 'YOU HAVE TO SEE IT BUILT TO FULLY APPRECIATE IT' PROJECTS."

"I have to give my kudos to Miss California for answering honestly. I'm sure that wasn't easy since she'd been asked the question by a gay man on national television."

PRETTYPINKCHANDELIER.BLOGSPOT.COM FOUND IT ADMIRABLE THAT THE BEAUTY PAGEANT CONTESTANT STOOD FIRM ON HER CONSERVATIVE VIEWS WHILE RESPONDING TO A QUESTION ABOUT GAY MARRIAGE IN AMERICA.

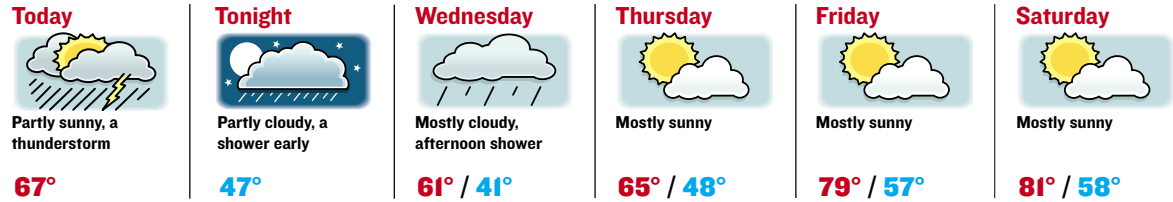
"WHILE IN SOME WAYS this was a pain in the neck, in other ways it was far simpler than it is now. There was no ambiguity about how to reach someone, because there were no options."

WWW.FARMFRESHMEAT.COM FORGOT HIS PHONE AT HOME MONDAY, AND THOUGHT BACK TO THE DAYS WHEN MAKING PLANS IN ADVANCE WAS THE NORM.

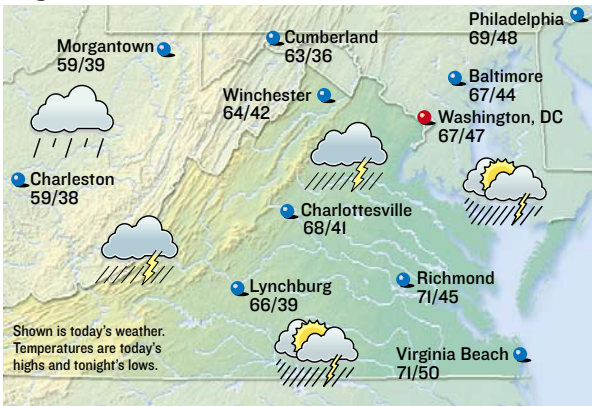
"I THINK IT'S PRETTY SAFE to say that there's no good way to move out of a roommate situation when you're not intending to move out of the city."

SCOTTAHB.WORDPRESS.COM OFFERS SOME WORDS OF ADVICE TO MAKE THE SEPARATION LESS AWKWARD.

5 Day Forecast for the Washington Area



Regional Weather



Almanac

Washington, D.C., through 4 p.m. Mon.
Temperature
High 58°
Low 49°
Normal high 68°
Normal low 47°
Average humidity 88%

Precipitation

24 hours ending 4 p.m. 1.13"
Month to date 3.65"
Normal month to date 1.82"
Year to date 8.65"
Last year to date 11.31"
Normal year to date 11.26"

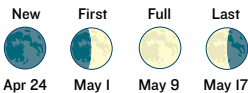
For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

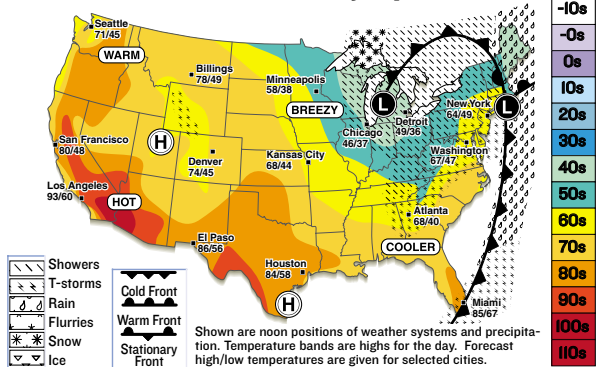
D.C. Metro: Today, partly cloudy, afternoon thunderstorm. High 67. Wind southwest 7-14 mph. Tonight, a shower, clouds breaking. Low 47.

Sun and Moon

Sunrise today 6:23 a.m.
Sunset tonight 7:51 p.m.
Moonrise today 4:18 a.m.
Moonset today 4:25 p.m.



National Weather for Tuesday, April 21

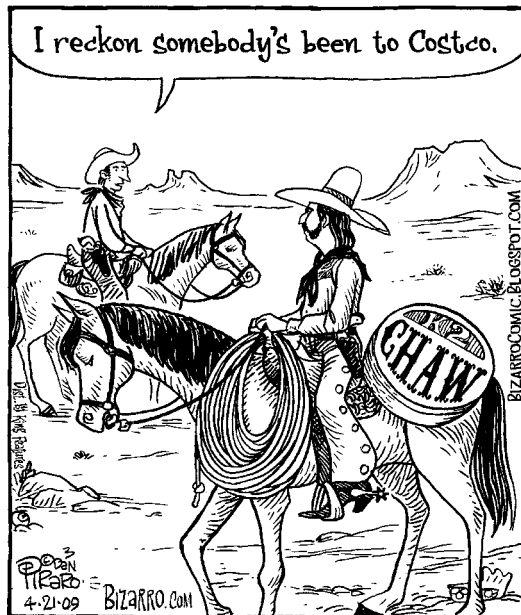


National Cities

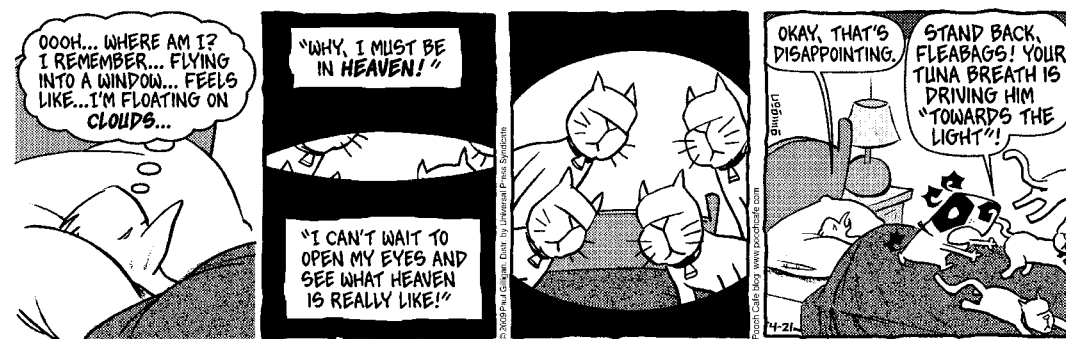
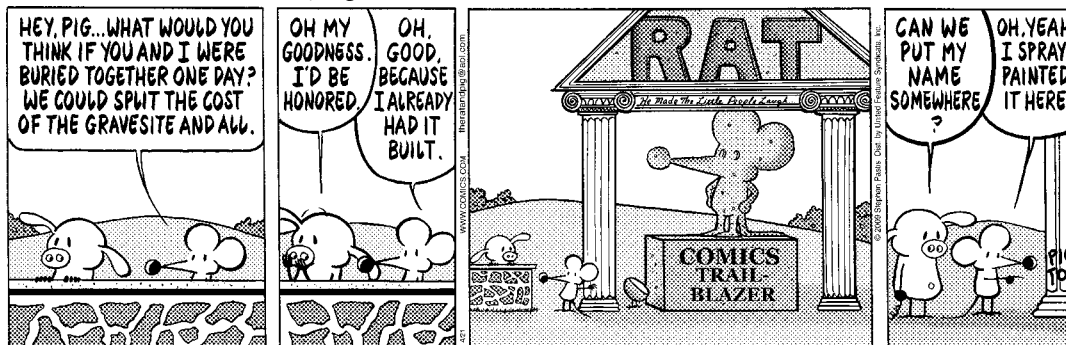
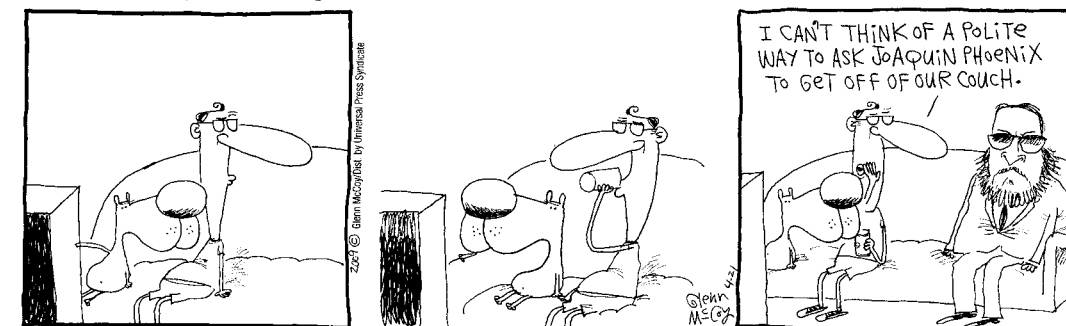
City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	68/40/pc	67/48/s
Boston	56/48/r	58/42/sh
Chicago	46/37/sn	55/41/pc
Dallas	82/59/t	86/62/s
Denver	74/45/s	78/44/s
Honolulu	79/67/sh	81/68/s
Los Angeles	93/60/pc	77/57/pc
Miami	85/67/t	82/71/s
New York City	64/49/t	60/43/sh
Orlando	82/57/pc	83/60/s
Seattle	71/45/s	58/43/c

World Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W
Amsterdam	64/45/s	64/43/c
Athens	68/55/sh	66/54/sh
Berlin	64/45/s	66/41/s
Buenos Aires	70/59/pc	73/63/s
Calgary	69/42/pc	47/25/c
Dublin	57/45/pc	55/45/pc
Geneva	65/45/pc	69/43/s
Moscow	39/27/sf	39/25/pc
Rome	68/50/sh	68/49/pc
Sydney	70/61/sh	68/59/sh
Tokyo	68/61/r	72/57/pc

Bizarro | Dan Piraro**Cornered** | Mike Baldwin

"Objection overruled. Answer the bloody question."

Pooch Cafe | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Horoscope**

By Stella Wilder

TAURUS (April 20-May 20) You are likely to start a new phase of sorts, but you may not know it until you suddenly reach a very clear crossroads. A decision looms.

GEMINI (May 21-June 20) Bureaucratic complications may result in a good deal of wait time for you. You can use this time to your advantage, however.

CANCER (June 21-July 22) Now is no time to put off doing what you know how to do very well. Tomorrow, indeed, it may be too late to get it done the right way.

LEO (July 23-Aug. 22) You're up against a deadline and feeling pressured, but if you manage your time well, you can still enjoy some after-hours recreation.

VIRGO (Aug. 23-Sept. 22) Others are likely to gravitate toward you simply because your energy is on the rise and your enthusiasm is contagious.

LIBRA (Sept. 23-Oct. 22) You know how to inspire others to reach further and accomplish more. Don't neglect yourself in any way.

SCORPIO (Oct. 23-Nov. 21) Technology is making it easier than ever to stay in touch — so why are you feeling out of the loop? Perhaps you must make a greater effort.

SAGITTARIUS (Nov. 22-Dec. 21) Others are watching you, looking for any signs of weakness. Fortunately, you're riding a wave of energy and accomplishment.

CAPRICORN (Dec. 22-Jan. 19) Once you get started, you'll find that it's quick and easy to tend to all assigned duties. It's getting started that may be tricky.

AQUARIUS (Jan. 20-Feb. 18) You have much more to do than meets the eye — yet it is all somehow interconnected, which makes things easier in the long run.

PISCES (Feb. 19-March 20) Don't interrupt one key endeavor in order to dive into another. Focus, prioritize, and take care of things one at a time.

ARIES (March 21-April 19) You may be surprised at how quickly the time passes, even when you are not focused on a key personal project. Pressure is eased.

Today in History

1649 The Maryland Toleration Act, which provided for freedom of worship for all Christians, was passed by the Maryland Assembly.

1789 John Adams was sworn in as the first vice president of the United States.

1836 An army of Texans led by Sam Houston defeated the Mexicans at San Jacinto, assuring Texas independence.

1910 Author Samuel Langhorne Clemens, better known as Mark Twain, died in Redding, Conn., at age 74.

1918 Baron Manfred von Richthofen, the German ace known as the "Red Baron," was killed in action during World War I.

1955 The Jerome Lawrence-Robert Lee play "Inherit the Wind," inspired by the Scopes trial of 1925, opened at the National Theatre



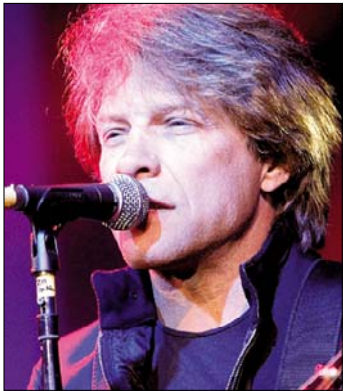
John Adams became the country's first vice president on this day in 1789.

in New York.

1960 Brazil inaugurated its new capital, Brasilia, transferring the seat of national government from Rio de Janeiro.

1975 South Vietnamese President Nguyen Van Thieu resigned after 10 years in office.

lookout people



BREAKING NEWS
Dolphins Die Near
Bon Jovi's House.
So, Where's Our Pulitzer?

On Saturday, a dead dolphin was spotted in the Navesink River just outside the Middletown, N.J., home of rocker **JON BON JOVI**. The dead dolphin is the third to surface in the past two weeks. (AP)

BABY WEIGHT
Actress Looks Forward
To Post-Baby Starvation,
Non-Stop Exercise

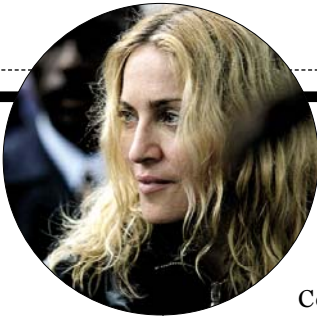
ELLEN POMPEO — who plays Dr. Meredith Grey on “Grey’s Anatomy” — and her husband, Chris Ivery, are expecting their first child together. Pompeo’s publicist did not give a due date. (AP)

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SPECTACLE
Stripping the Night Fantastic

LINDSAY LOHAN has reportedly approached the producer of a new Las Vegas revue show about joining the act, People magazine reported. The revue, called “Peepshow,” currently features “Dancing With the Stars” contestants Melanie Brown and Kelly Monaco. Lohan would take Monaco’s role, which requires stripping nearly naked. “When the character strips she does it because she has learned to be strong by the other character/dancers in the show,” the producer told People. (EXPRESS)



DUH
Madonna
Right, Entire
African
Nation's Legal
System Wrong

MADONNA’s appeal of a court ruling denying her request to adopt a 3-year-old from Malawi will be heard next month. The singer is not required to be present for the appeal, which may last two weeks. Joseph Chigona, Registrar of the High Court and the

Supreme Court of Appeal, said the case will come before three judges from the Supreme Court of Appeal on May 4. Madonna has said she still wants to adopt Chifundo “Mercy” James. She has already adopted a son, David, from Malawi. “We believe the lower court judge erred by basing her judgment on an archaic law of over 50 years ago,” said Madonna’s lawyer. (AP)

TRIPPING
This Statement
Written While High

TV stars Jeff Lewis and **ASHLEY JENSEN** have resolved an ongoing legal battle, E! Online reported. The dispute was over Lewis’ property line, which Jensen said was overlapping her property. “I’m happy Ms. Jensen has returned to Earth, removed the restraining order, and insisted we settle our boundary dispute for my original offer of \$30,000,” Lewis said in a statement. (EXPRESS)



We were not high when we wrote this caption. What a gorgeous she-wolf!



CHILDHOOD
New Kid Wins the Name War

Country singer **BRAD PAISLEY** and actress Kimberly Williams-Paisley have a new son, People reported. The baby’s name is Jasper Warren. The couple’s first son, now two years old, is named William Huckleberry, for the Mark Twain character. (EXPRESS)

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puzzles lookout

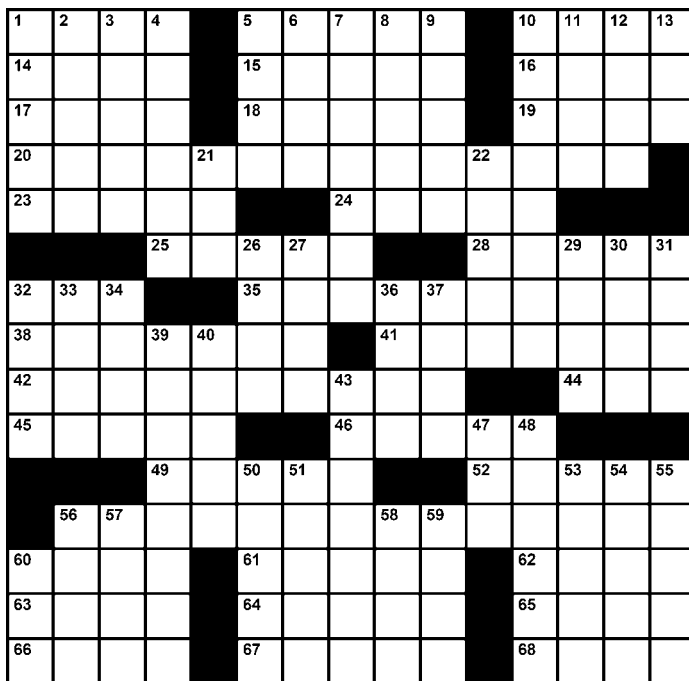
CROSSWORD | HAPPY ON THE INSIDE

ACROSS

1 Word with "souci" or "serif"
5 Mississippi River transport
10 Chihuahua change
14 Lint grabber
15 Academy offering
16 The Babe
17 "Petrushka" composer
Stravinsky
18 Unsettled one
19 Well-known times
20 Crowe played one
23 Period of time served
24 Caterpillar rival
25 Country west of Togo
28 Coastline feature
32 Ararat lander
35 Asian nation
38 Tropical fruits
41 Agile
42 Florida national park
44 Word in the society pages
45 Stairway post
46 "All systems go!"
49 Brainy bunch
52 Russian spirit
56 Painters' necessities
60 Feeding tubes?
61 Maker of cameras and copiers
62 Black, in verse
63 Seamus
Heaney's land
64 Be constructive?
65 Amusement park

DOWN

1 Ruins 007's martini?
2 Insider's vocabulary
3 Watts at the movies
4 Leaped
5 Shout in a game of cowboy
6 Over the hill?
7 Fast month, for some
8 A, e.g.
9 Youngest Munster
10 Puts on an act
11 Continental monetary unit
12 Wishing object
13 "I see" words
21 Variable degree
22 Cantata solos
26 Famous murder victim
27 Org. that's out to launch?
29 Revolutionary Trotsky
30 "For ____ - with Love and Squalor"
31 Quaker pronoun
32 The last word in worship
33 Enthusiastic review
34 Was acquainted with
36 Delight



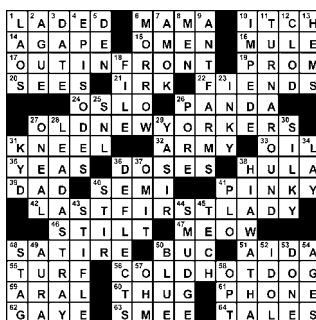
EDITED BY TIMOTHY E. PARKER

37 Da Vinci model
39 Unseen trouble makers
40 Gave the twice-over
43 It featured Friday on Thursdays
47 It may have bonus features
48 Sings in peak form?
50 Miss Congeniality, compared to the

others

51 Trap for small game
53 Payment option
54 Danish coin
55 Moore's editor
56 Marsh mallow toaster's necessity
57 He gave us a lift
58 Centers of great activity
59 Poker buy-in
60 Branch of Buddhism

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/do/ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

2	7	4	8	6	5	9	3	1
8	6	9	4	3	1	7	5	2
1	5	3	2	7	9	8	4	6
4	3	6	1	2	8	5	7	9
5	2	8	3	9	7	1	6	4
9	1	7	5	4	6	2	8	3
7	4	2	9	8	3	6	1	5
3	8	5	6	1	2	4	9	7
6	9	1	7	5	4	3	2	8

4	5		1		9			
			3	8			1	
						5	6	
9	6							
	8		4	3		1		
						7	2	
5	2							
3			7	9				
	1			6		5		4

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